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EVERY DAY with RACHAEL RAY

october 10

ON THE COVER

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p103

Cozy up! October isn't just about Halloween, though we're giving you plenty of tricks (Feel Great with Gretta, page 146) and DIY candy treats ("Treat Yourself," page 84). As the temperature cools down, warm up with Rach's hearty suppers (30-Minute Meals, page 98) or celebrate a harvest of favorite recipes with friends ("The Best Party Food Ever," page 137).

FIND IT *FAST*!

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...to save $$$

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156 **THE ITALY LOVERS' GUIDE TO AMERICA** We show you how to experience the country's food and flavors right here at home.

take a bite outta life!

EVERY DAY with RACHAEL RAY

october 10

p39
Jack-o'-lanterns can be spooky and savory. **Sprinkle ground cinnamon inside** and light a candle for a pumpkin pie scent.

p51
Too much kitchen gear hogging your counter space? **Hang a pot rack** to keep everything out of the way but always at the ready.

4 shortcuts

p117
THE *EVERY DAY* MENU PLANNER
1 SHOPPING TRIP = 7 DINNERS

p152
Early flights don't give you time to make breakfast, so **bring a packet of instant oatmeal on board** and ask the flight attendant for some hot water.

p57
Wrap parsnips individually in paper towels in a plastic bag, and they'll keep in your crisper for two weeks.

coming up

Want a glimpse into the future? **Here are some things you'll learn this time next month:**

Baked to perfection
The top five tastiest refrigerated cookie doughs

CRAN CRAZED
Everything you need to know about cranberries

Trusty Sidekicks
The dishes no Thanksgiving table should be without

Give Thanks
How to have the ultimate turkey weekend

PUMPKIN AND POTS, GETTY IMAGES.

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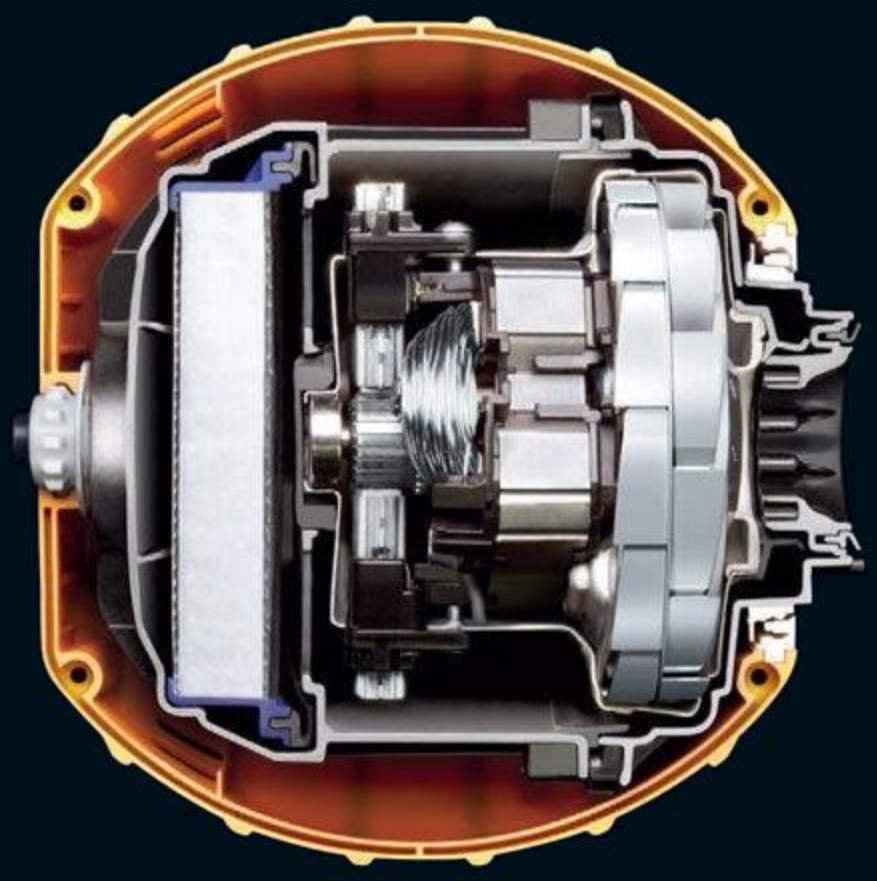

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what we're psyched about this month

1

More Supermarket Smarts

If you love Phil Lempert, our Supermarket Shrink, then you'll love our revamped Supermarket 101 blog, featuring Phil's expert tips for getting the most out of the grocery store, along with his new-product reviews and money-saving tips.

2

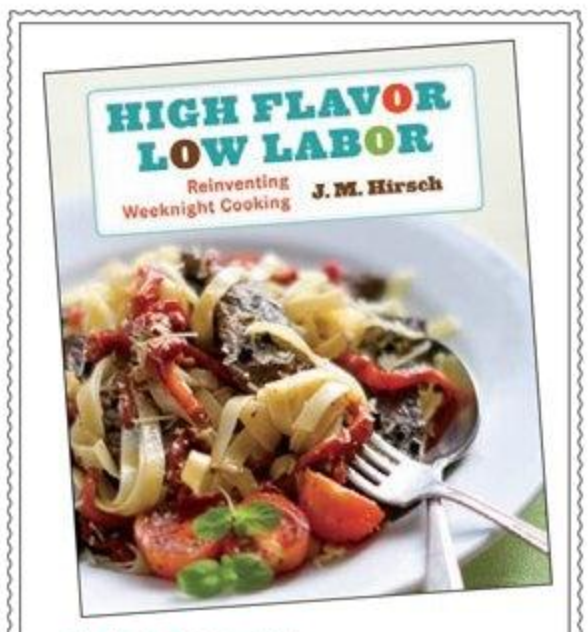
All About Halloween

There were so many great photos of the kids in Gretta's Halloween makeup story (page 146), we had to show you them all! Flip through more of her best looks online, plus get dozens of candy recipes, spooky-themed foods and party ideas that will get everyone in on the fun.

Tailgating

Whether you're headed for the parking lot or just parking yourself in front of the TV, you'll find enough late-season grilling recipes, gear guides and how-tos to last through the play-offs. Game on!

3



EVERY DAY COOKBOOK CLUB

You're invited: Join us September 16–19 as we all make Linguine with Cilantro and Pepita Pesto from J. M. Hirsch's *High Flavor, Low Labor* ($24, amazon.com). Find the recipe online along with details about our new club, plus photos and posts from us and other readers as we fork our way through our favorite new cookbooks.

ate it? rate it!

"I brushed the Bacon-Wrapped Persimmon Wedges with walnut champagne vinegar, instead of sherry vinegar, since I had that on hand. They were a huge success." —GOURMETSONOMA

Post your own pic in our photo gallery and tell us why the dish was a hit, and we might run your picture and quote in an upcoming issue!

sweepstakes

To celebrate our first-ever, all-new FoodFaves app, which gives you on-the-go access to dozens of your favorite recipes (download it free on iTunes), **we're giving away three iPads**! Get your hands on the details at rachaelraymag.com/october.

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One of the things I'm most grateful for

is that I'm lucky enough to be able to afford to travel to Italy every year. Over the years, I've come to understand that the beauty of Italy doesn't have anything to do with geography. Italy is a state of being. It's about generosity, the sharing of good spirit and good food. Italy is about the celebration of all things beautiful—the celebration of life. Italy is about having a full stomach and a full heart.

In this issue, we're serving up a little slice of Italy from coast to coast, right here in the USA. Since I'm a New Yorker, all my favorite haunts are in the city—from the grocery store where I shop at least twice a week to the pizza place I go to on date night. **Turn to "The Italy Lovers' Guide to America" (page 156)** for my picks, plus recommendations from my pal Mario Batali and other Italian chefs and experts across the country. *Viva Italia* in America!

But this month you'll mostly find me at my cabin in the Adirondacks, enjoying the cool weather and getting ready for Halloween. **There are so many clever decorating ideas in our story "Scare Tactics" (page 25)**, and fun face painting on page 146. And don't forget our make-your-own Halloween candy in "Treat Yourself" (page 84). Have a BOO-tiful time!

Love,

Rachael

The Italy Lovers' Guide to America

156

Scare Tactics

25

RACHAEL PORTRAIT, JIM WRIGHT. SCARE TACTICS, TARA DONNE.

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talk

get in on the conversation

write to letters@rachaelraymag.com

what's your morning routine?

Every Day readers start the day off right.

A good day starts with a well-rounded breakfast. I'll make a bowl of oatmeal topped with walnuts, blueberries and fresh maple syrup. **Add coffee, some quiet time and the weatherman's voice, and I'm good to go.**
—EVAN THOMAS, Marlborough, MA

My morning routine **starts the night before.** I pack my lunch, organize my clothes and round up anything I need to take to work in the morning. My alarm goes off at 6:20 a.m., and I'm out the door at 7:10 a.m. on the dot.
—JESSICA BAUER, Loudonville, OH

I get up before my husband so I can enjoy some "me" time. I feed the dog, brew the coffee and toast a whole wheat english muffin for breakfast. I eat while watching the *Rachael Ray* show and get inspired about what I'll make for dinner that night. —SUSAN BURK, Saginaw, MI

With twins and a full-time job, I have to account for every minute in my day. I get up at the ugly hour of 4 a.m., so my husband and I can spend a few minutes together. Then he hits the road for a run and I get the twins dressed. **I always bake something nutritious on the weekends** (like whole wheat banana bread) so my daughters can have a solid breakfast during the week. —KYLA NETHING, Firestone, CO

My day starts at 4 a.m., to feed the cats and do a little reading. My wife gets up at 6 a.m., and we eat breakfast together before we go our separate ways for the day. On the weekends, she likes to sleep in while I read and pay bills.
—CHUCK BRAY, Rosharon, TX

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TURN ON TOMORROW

talk

✓success OF THE MONTH

I asked my mom for a swedish-meatball birthday dinner in addition to the delicious apple cake with caramel sauce she usually makes for dessert. After the gravy and caramel sauce had cooked on the stove, she took the meatballs out of the oven and covered them with sauce. Suddenly, she realized she had dumped the pot of caramel on the meatballs! We tried to wash them, but the meatballs kept a hint of brown sugar. Luckily, they were delicious! —**KERRY VALURE, Patterson, NY**

We love a meatball story with a happy ending. Other sweet-meat combos we enjoy: bacon drenched in maple syrup and fried chicken dipped in honey.

✗mess OF THE MONTH

Even though our kitchen was still recovering from an ant infestation, my mom wanted to whip up a batch of her famous apple muffins for me to take to a school party. It wasn't until she noticed a funny smell coming from the oven that my mom realized she had sprayed the muffin pans with Raid instead of cooking spray!
—**ROBIN BERKERY, Santa Cruz, CA**

Your poor, overworked mother. The next time she's dealing with an infestation of any kind, we suggest she step away from the kitchen and go out for cupcakes.

HEY YOU! **TELL US ABOUT YOUR MESSES AND SUCCESSES!** Visit rachaelraymag.com/talk or write to letters@rachaelraymag.com or *Every Day with Rachael Ray*, 750 Third Ave., 3rd Floor, New York, NY 10017. *Letters and submissions may be edited and used in all print and electronic media.*

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HEAD TO HEAD

Readers cheered Rach's quest to improve kids' nutrition and eating habits ["Let's Get America's Kids Healthy!," September 2010]. But some debated whether parents play a role in creating finicky eaters.

It's not always the parents' fault if kids are picky eaters. My husband and I eat everything, but **my son refuses to try anything**. He won't even eat mac 'n' cheese! How is that my fault?
—LISSA BROYLES (via rachaelraymag.com)

My daughter went to bed hungry twice because she didn't want to eat what was on her plate. Now she is **always willing to try something new**. Bottom line: If a kid's a picky eater, it's the parents' fault.
—LPALMATEER (via rachaelraymag.com)

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halloween, by the numbers

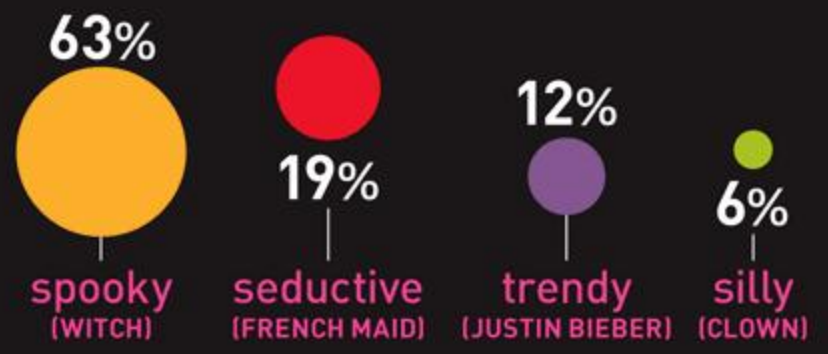
30%

of readers have eaten a dozen or more pieces of Halloween candy in one sitting.

85

PERCENT CHOOSE CHOCOLATE OVER FRUIT CANDY

What type of costume will you wear?



reader faves

$15, sprigsville.com

I hate carrying a purse to the supermarket, so instead I use a Banjees reversible wallet; it wraps around your wrist and holds your keys, money, ID or even an iPod. Try using it at the gym—I just ran a marathon with mine!

—JULIEISABELLE (via rachaelraymag.com)

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I buy Dogsters Healthy Treats ice cream for my dog Lola. She loves the mint and peanut butter flavors.

—FRANKIEANDLOLA'SMOMMY (via rachaelraymag.com)

WHAT ARE YOUR ALL-TIME FAVES? TELL US AT RACHAELRAYMAG.COM/TALK.

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Cindy Orley
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Rachael Hutchings
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it takes two

Nearly 3,000 readers entered our Worst Honeymoon Contest, and folks, you weren't kidding. After pledging to stick by your mate in sickness, you were immediately put to the test, forced to withstand allergies and food poisoning—not to mention hurricanes, passport problems, overbearing relatives and fleabag motels. It was an agonizing decision, but Danielle Vallejo of West New York, New Jersey, won the questionable honor of having the worst honeymoon ever. In her own words:

> ***On our second day in St. Lucia, my new husband and I took a zip-line tour in the rainforest. Something went wrong on my line and I couldn't slow down, so I stuck out my foot and stopped myself with a tree, shattering my ankle in three places. I had to ride four more zip lines, cross a rope bridge and ride in a van to a small hospital, where I had emergency surgery. We spent the rest of our trip in the hospital. That was seven months ago. My ankle is still the size of my calf, and I've been in physical therapy learning how to walk again. The doctor says it'll take another year to heal."***

There's a silver lining: Danielle will soon be limping her way to a do-over in Hawaii, along with her spouse. Jealous? Rack your brain for the very worst beach vacation story and tell us about it at rachaelraymag.com/october. The winner gets a stay at the glamorous **Fontainebleau in Miami Beach**!

No purchase necessary to enter or win the Redo Your Worst Beach Vacation contest. Purchase will not improve your chances of winning. Contest open to legal residents age 18 and older of the U.S., its territories and possessions. Contest begins at 12:00 p.m. (CDT) on September 2, 2010, and ends at 12:00 p.m. (CDT) on October 14, 2010. To enter and for official rules for this contest, visit rachaelraymag.com/october. VOID WHERE PROHIBITED. Contest sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*.

COLLINS AVENUE, ISTOCKPHOTO.COM.

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take five

1 cup pineapple juice + 1 cup soy sauce + 3 pounds chicken wings, tips discarded + 1½ ounces lemon-flavored gelatin + 2 tablespoons poppy seeds

Preheat the oven to 350°. In a large bowl, combine the **pineapple juice** and **soy sauce**. Add the **wings** and let marinate for 15 minutes. On a foil-lined rimmed baking sheet, arrange the wings in a single layer. Pour ½ cup of the marinade over the wings, then sprinkle with half of the **gelatin**; bake for 30 minutes. Flip and sprinkle with the remaining gelatin and the **poppy seeds**, then bake until browned, about 30 minutes.

Do you make a great dish with five ingredients? Visit rachaelraymag.com/talk. Extra-virgin olive oil, salt and pepper are freebies.

sweet & savory chicken wings

—GAIL JENNER, Etna, CA

rachaelraymag.com

RECIPE PHOTO BY KANA OKADA; FOOD STYLING BY ROSCOE BETSILL; PROP STYLING BY TIZIANA AGNELLO; PINEAPPLE JUICE, ALAMY; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM

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scare tactics

You'll love our spooktacular Halloween pumpkins, decorations and far-from-tricky treats.

BY ERIKA LENKERT

GETTY IMAGES

dress for (trick-or-treating) success

→ **SALT AND PEPPER** One person wears all white and affixes a big black "S" to his shirt; the other wears black with a big white "P."

the great pumpkin

Put your neighbor's jack-o'-lantern to shame.

HANGING GOURD

Don't worry if you're not the best carver: Even a botched jack-o'-lantern will look special dangling from a tree. Cut holes on opposite sides of a pumpkin, about 2 inches below the rim, then run a piece of thick string through the holes and tie the ends. Place a glow stick inside, top with the pumpkin lid and hang from a branch, away from walkways.

ORANGE THUMB

Nothing scary here. Buy a flowering plant that's potted in a plastic container slightly smaller than your pumpkin. Carve a hole into the top of the pumpkin, scrape out the insides and poke a drainage hole at the bottom. Place the pot inside.

JACK-O'-TOTEM

What to do with your family's multiple jack-o'-lanterns? It's so expected to cluster them by the door. Stack them up instead: Dig a 6-inch-deep hole in the ground, insert a broomstick (or sturdy branch) and fill with dirt. Carve holes slightly wider than the broomstick into the tops and bottoms of your jack-o'-lanterns. Carefully thread each pumpkin onto the broomstick, piling them and placing a glow stick in each one.

JACK-O'-LANTERNS, WILLIAM ABRAHOWICZ/ART + COMMERCE; ILLUSTRATION, JOE MCKENDRY.

PIGLET IN A BLANKET Wrap your baby in a blanket, add pink felt "ears" glued to barrettes, and top off the look with a costume-store pig snout.

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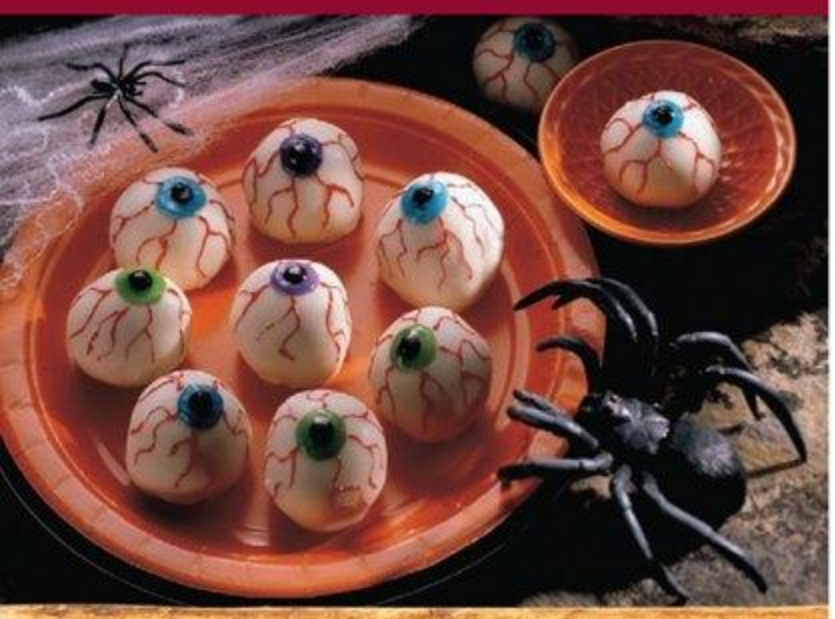

Ooglie Eyeballs

INGREDIENTS

1 10.25-ounce package fudge brownie mix
1 cup **Ocean Spray® Craisins® Original Dried Cranberries**
2 cups white chocolate chips or morsels
Tubes of decorative writing gel; green, red, blue, black

DIRECTIONS

Prepare brownies according to package directions. Bake just until done, do not over bake. Trim crisp edges from brownie while warm; eat or discard. Crumble remaining warm brownie into a medium mixing bowl. Add Craisins® and combine until a thick dough-like mixture forms. Shape into 1-inch balls, pressing firmly. Melt chocolate by microwaving 1 cup morsels at a time in a small microwave-safe bowl on high (100% power) for 1 minute; stir. Dip balls in melted chocolate, letting excess drip off. Place on waxed-paper-lined baking sheets. Refrigerate 1 hour or until chocolate is firm. To decorate, use red gel to make veins, green or blue gel for center of eye and black for the pupil.

Makes 16 servings.

For even more ways to enjoy cranberries, visit www.OCEANSPRAY.COM

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killer cupcakes

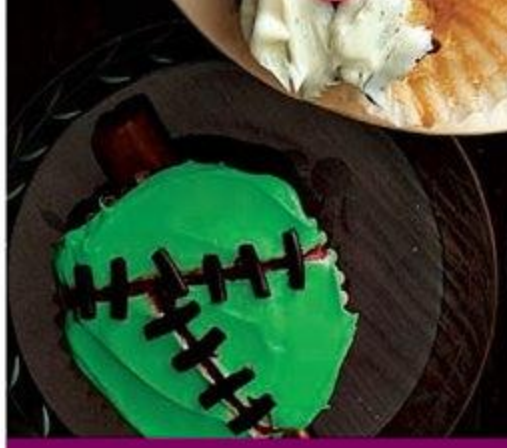
It's easy to assemble these wickedly cool desserts.

1. ARACHNOPHOBIA
Frost a cupcake with chocolate icing. To form the "legs," dip halved pretzel sticks into melted chocolate, shaking off the excess. On a parchment-lined surface, place the dipped halves together in "L" shapes and freeze until solid. Stick four "legs" into two opposing sides of the cupcake just above the paper rim.

2. WICKED WITCH
Frost a cupcake with white icing. Create a "roof" using two graham cracker quarters. Using more icing as glue, attach black jelly bean "shoes" to mini candy cane pieces; let dry. Position two "legs" at the base of the cupcake. Add a teaspoon of "blood" (combine currant jelly with red food coloring and enough water to make it appear coagulated) beside the legs.

3. VAMPIRE BITES
Frost a cupcake with white icing. Poke two holes in the frosting, about 1 inch apart. Using a toothpick, fill the holes with "blood" (see recipe above), then drag additional "blood" from each hole to the edge of the cupcake.

4. MUMMY DEAREST
Frost a cupcake with chocolate icing. Using a pastry bag with a flat nozzle, crisscross white icing "bandages" onto the frosting, leaving room for eyes. To make the eyes, pipe on two dots of pink icing and, using a toothpick, top each with a drop of dark food coloring.



5. FRANKENCUPCAKE
Frost a cupcake with white icing tinted with green food coloring. Using a toothpick, draw "scars" across the icing and fill these scars with "blood" (see recipe above). Form "stitches" using sliced black licorice laces. Poke a hole on either side of the cupcake and insert pieces of a Tootsie Roll.

PHOTOGRAPH BY TARA DONNE; FOOD AND PROP STYLING BY PAUL LOWE.

GREEN TEA Write a green "T" on a white T-shirt. Paint your face and hands green.

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WITH ALL THE WAYS TO ENJOY CRANBERRIES,

you're going to need a bigger recipe box.

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Oatmeal Cranberry White Chocolate Chunk Cookies

INGREDIENTS

- 2/3 cup butter or margarine, softened
- 2/3 cup brown sugar
- 2 large eggs
- 1 1/2 cups old-fashioned oats
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 6-ounce package Ocean Spray® Craisins® Original Dried Cranberries
- 2/3 cup white chocolate chunks or chips

DIRECTIONS

Preheat oven to 375°F. Using an electric mixer, beat butter or margarine and sugar together in a medium mixing bowl until light and fluffy. Add eggs, mixing well. Combine oats, flour, baking soda and salt in a separate mixing bowl. Add to butter mixture in several additions, mixing well after each addition. Stir in dried cranberries and white chocolate chunks.

Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Cool on wire rack.

Makes approximately 2 1/2 dozen cookies.

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spiff (and spook) up your house

Decorate a tree with goodies for trick-or-treaters.

START AT THE TOP
Drape the branches with synthetic spider webs and toy bats.

STAY SWEET
Hook ornament hangers to wrapped candies. Ask kids to choose a treat and leave the hook behind so you can reload.

PLAY AROUND
Dangle toys on the tree as well. Less sugar.

HANG TOUGH
Cheapie Halloween earrings come with their own hooks. It's real costume jewelry!

more tricky ideas

BOO!
Soap can make for good, clean fun: Using a white bar of soap, draw a ghost silhouette on your mirrors and windows, leaving unsoaped eyeholes to peek through.

WALK THIS WAY
Create giant animal paw prints leading to your front door: Cut black contact paper into paw-print shapes and stick them onto your walkway 1 foot apart.

CREEP OUT
Using a glue gun, affix toy spiders to the planter. The glue comes off easily.

PHOTOGRAPH BY TARA DONNE; FOOD AND PROP STYLING BY PAUL LOWE.

FRENCH TOAST Wear a beret and carry a wineglass. Say cheers!

Fright Krispies Treats™

Ingredients

3 tablespoons butter or margarine
1 package (10 oz., about 40) regular marshmallows or
4 cups miniature marshmallows
Food coloring (optional)
6 cups KELLOGG'S® RICE KRISPIES® cereal
Flaked coconut
Canned frosting or decorating gel
36 M&M'S® Brand Chocolate Candies

Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using 1/2-cup measuring cup coated with cooking spray divide warm cereal mixture into portions. Using buttered hands shape each portion into ghost shape. Cool. Decorate bottoms with coconut.
4. Use frosting to attach candies for ghost eyes and mouth. Best if served the same day.

For more recipes and nutrition information, visit ricekrispies.com

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yum

your first taste of October

Spiced Squash with Brown Butter Glaze

SERVES 6 **PREP** 20 MIN **ROAST** 25 MIN

- 6 tablespoons butter
- 2½ tablespoons brown sugar
- ½ teaspoon chinese five-spice powder
- ¼ teaspoon coarse salt
- 2 large acorn squash (about 2½ pounds), quartered lengthwise and seeded

1. Position a rack in the upper third of the oven and preheat to 500°. Line a baking sheet with parchment. In a medium skillet, melt the butter over medium-low heat until foamy, 2 to 3 minutes. Let the foam subside and cook just until the butter turns golden and gives off a nutty smell, about 1 minute. Remove from heat and stir in the brown sugar, five-spice powder, salt and ¼ cup water. Cook over medium-low heat until syrupy, about 3 minutes. Keep warm.
2. Pierce the squash flesh with a fork. Dip each squash slice into the glaze to coat, then place cut side down on the prepared pan and roast for 12 minutes. Remove from the oven, flip the squash slices over and brush with more glaze. Continue roasting until the squash is tender and deep golden, 7 to 10 minutes. Drizzle with the remaining glaze before serving.

glazed over

They say that everything tastes better with butter (no argument there!). **So we're giving the dependable spread a new spin, and a new color. Enter brown butter**, a cooked version with a nutty flavor, perfect for slathering over roasted squash, carrots or sweet potatoes.

RECIPE BY **STACY ADIMANDO**
PHOTOGRAPH BY **LUCAS ZAREBINSKI**

tip Stabilize the squash on the cutting board before slicing: Trim a small strip to make a flat base.

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN.

CENTERPIECE OF THE MONTH

brilliant disguise

Ask any fashionista and she'll tell you: You can transform the look of an outfit just by changing the accessories. The same goes for table decor, says **April Milliken Trigg, owner of eco-friendly event company Eventologie** *(eventologie.com)*. **With the right basics, you can reuse party supplies with no regrets.** The trick: Mask any repeat offenders. April shows how to dress up old decorating standbys, like white pillar candles and clear glass vases, to take your table from Halloween into the new year.

CHEF IN A JAR
Five-star seasoning will be second nature if you tap the blends at **chefsalt.com**. The site sells seven different salt and spice combos, from a woodsy Bacon BBQ (made with paprika and light brown sugar) to NY Steak (spiked with ancho chiles and cracked peppercorns), and all bottles are 10 bucks a pop.

april's halloween idea

Pour black jelly beans into clear vases (about halfway up) and nestle pillar candles inside the beans. Then strap a masquerade-style mask around each vase. When guests begin to arrive, light the candles to complete the look.

Seasons change, and so can your design.

How to transform it:

FOR FALL
Attach a bunch of fall leaves (either real or fake) to the exterior of the vases using double-stick tape. Look for leaves in different shapes and colors.

FOR WINTER
Buy paper doilies in varying sizes. Make a gentle fold down the center of each, then cut around the inner side of the lacy borders to remove the solid centers. Using double-stick tape, secure the remaining lace trim to the vases in patterns you like.

PHOTOGRAPHY BY LUCAS ZAREBINSKI; FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN.

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cool kids on the block

the tunes

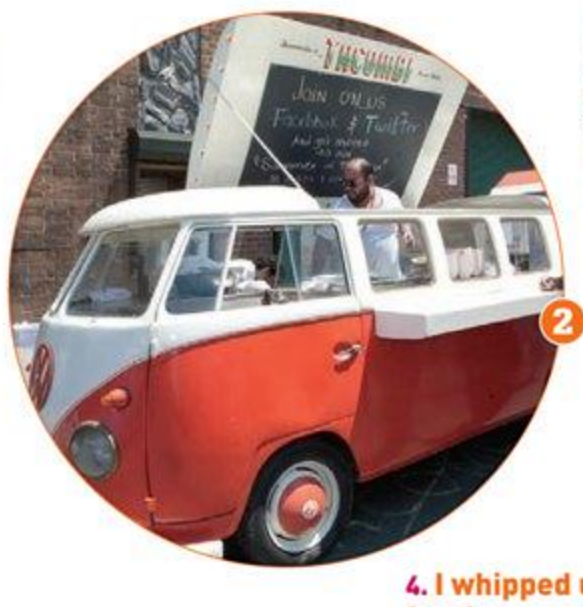
The Detroit Cobras
Freelance Whales
Justin Townes Earle
The Cringe
J. Roddy Walston and the Business
Motel Motel
Sweet Apple featuring J Mascis of Dinosaur Jr.
The Click Clack Boom
DJ Spin Diesel

This summer I threw one deliciously **rocking party in Brooklyn, NY**. Missed it? Consider this your all-access pass!

I look forward to my Austin South by Southwest Feedback parties all year, but I just couldn't wait until February, so I threw another one closer to home—in Brooklyn! We hosted tons of great tunes at The Bell House *(thebellhouseny.com)*, an awesome local-music venue in a 1920s warehouse, and had a few of my favorite food trucks set their brakes on the street. (Nothing more New York than a block party!) I don't know about you, but I can't imagine anything better than rocking out all day between bites of tacos and tricked-out hot dogs. —RACHAEL RAY

thanks to everybody who came out!

THE FOOD Pizza Moto • Daisy May's BBQ USA • Tacombi • Asiadog • Milk Truck • G.S. Gelato • Lush english toffee • Snapple • Brewery Ommegang Beer • 44° North vodka



1. Pizza Moto co-owner Pamela Woods seemed cool and collected in the summer heat, even after baking more than 70 pies in her portable wood-fire oven! "We're always up for serving, whatever the weather," she said. "Even with the added heat of a 700-degree pizza oven!"

2. Talk about coming prepared: The guys behind the **Tacombi taco truck** had enough ingredients in their retro VW for 1,500 servings! Maybe owner Aarón Sánchez, co-host of the Food Network's *Chefs vs. City*, got a little excited: "My wife is a musician, so for food and music to be the focus, it doesn't get much better!"

3. Bet you've never had a dog like this before! **Asiadog** set up a table full of the revamped American classic with exotic fixings. I especially love the Ito dog, topped with Japanese curry and kimchi apples.

4. I whipped up treats for the crowd, too—burgers, of course! Get the recipes for my Feedback Satay Sliders and Brooklyn Beer Chili Burgers with Smoky Barbecue Sauce, Oil and Vinegar Slaw and Spicy Kirby Cucumber Slices at rachaelray.com.

5. My husband John's band, **The Cringe, brought down the house**! And so did all the great local acts we invited to play, like Freelance Whales and Motel Motel. Luckily we had two stages for all the bands!

6. The first food truck to arrive (and the last to leave!) was my buddy—and grilling master—**Adam Perry Lang's Daisy May's BBQ truck**. He and store manager Jeff Cicio stocked it full of their signature "bowl o' red," a tomato-red chili that, oddly, doesn't have any tomatoes! The color comes from four different chiles. "People lined up nonstop to taste!" Jeff said.

PHOTOGRAPHY BY ANDREW FEDERMAN.

A Classico Exclusive Recipe, from EVERYDAY with RACHAEL RAY

Fiery Penne

Serves 6
Prep: 25 minutes
Cook: 30 minutes

Ingredients:

- 1 lb penne pasta
- 1-1/2 lbs ground pork
- 2 Tbsp extra-virgin olive oil
- 3/4 lb cremini mushrooms, quartered
- 7 cloves garlic or 4 tsp, coarsely chopped
- 5 scallions, white and green parts separated and thinly sliced
- **One 24-ounce jar Classico® Tomato & Basil Pasta Sauce**
- 1 Tbsp crushed red pepper
- Salt and black pepper
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup grated parmesan cheese, plus more for serving

Directions:

1. In a large pot of boiling, salted water, cook the pasta until al dente. Drain, reserving 1 cup of the pasta cooking water, and transfer to a large serving bowl.

2. In a large skillet, heat 2 Tbsp olive oil over high heat. Add the pork, red pepper, 1 tsp salt and 1/2 tsp black pepper and cook, stirring occasionally, until no longer pink, about 5 minutes. Add the mushrooms, garlic, and scallion whites and cook, stirring until softened, for 3 minutes. Lower the heat to medium, add Classico Tomato & Basil Pasta Sauce and reserved pasta water and simmer for 10 minutes.

3. Pour sauce over the pasta; add the parsley, scallion greens and cheese and toss. Pass extra parmesan at the table.

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best of the wurst

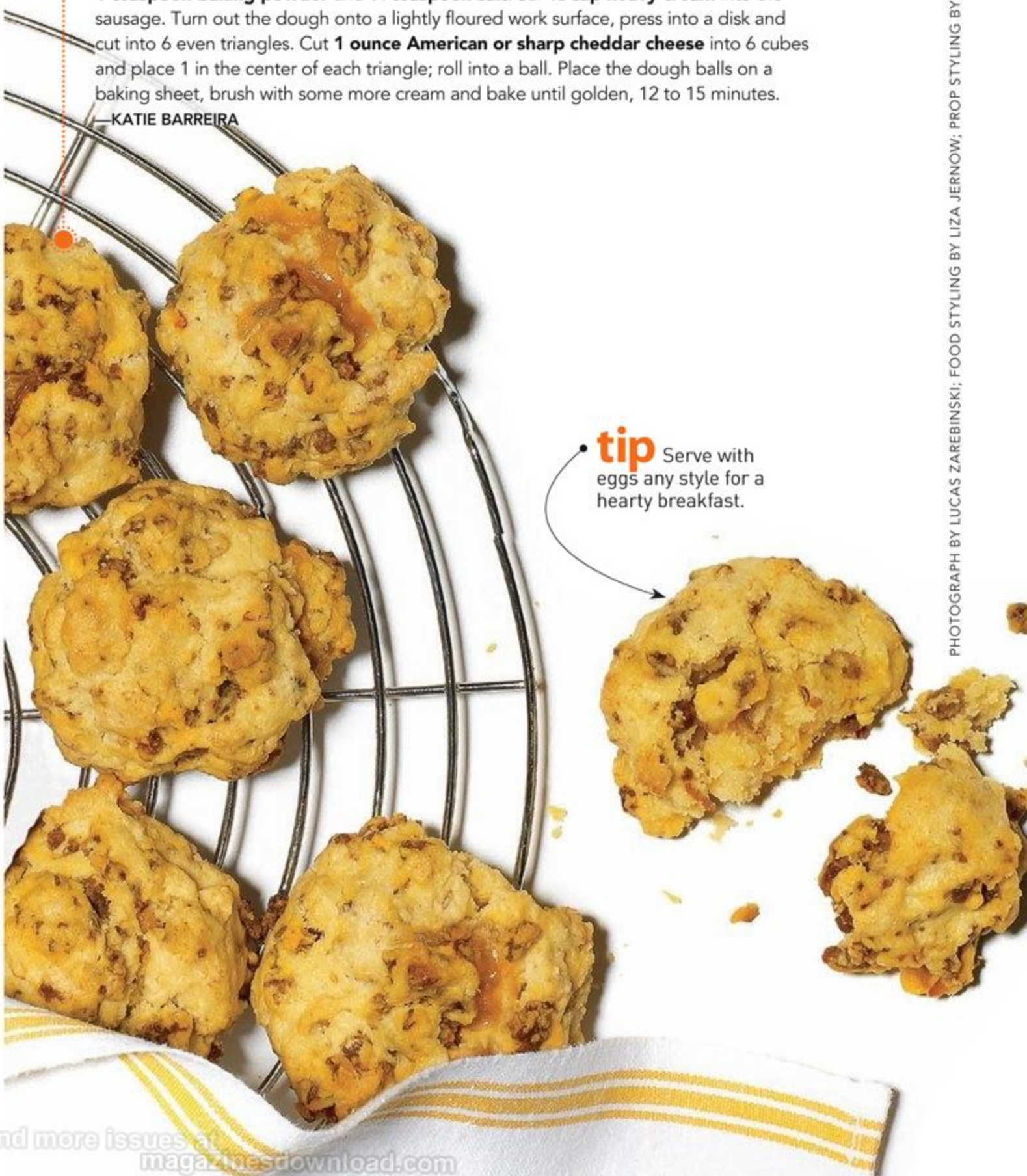
Oktoberfest may not be an official holiday around these parts, but that won't stop our celebration of beer and brats. We're not alone: **Folks will be descending upon New Braunfels, Texas, for the 50th annual Wurstfest** *(October 29–November 7, wurstfest.com; $8),* a 10-day event honoring—yep!—sausages. The popular sausage biscuits are always a hit, says festival planner C. Herb Skoog. Try our version:

Biscuit Sausage Cheese Balls

SERVES 6 **PREP** 15 MIN **BAKE** 15 MIN

Preheat the oven to 425°. In a large skillet, crumble **½ pound bulk spicy italian sausage** and cook, stirring often, over medium-high heat until browned, about 5 minutes. Drain and let cool. In a medium bowl, whisk together **1 cup flour**, **1 teaspoon baking powder** and **¼ teaspoon salt**. Stir **½ cup heavy cream** into the sausage. Turn out the dough onto a lightly floured work surface, press into a disk and cut into 6 even triangles. Cut **1 ounce American or sharp cheddar cheese** into 6 cubes and place 1 in the center of each triangle; roll into a ball. Place the dough balls on a baking sheet, brush with some more cream and bake until golden, 12 to 15 minutes.

—KATIE BARREIRA



tip Serve with eggs any style for a hearty breakfast.

PHOTOGRAPH BY LUCAS ZAREBINSKI; FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN.

Find more issues at magazinesdownload.com

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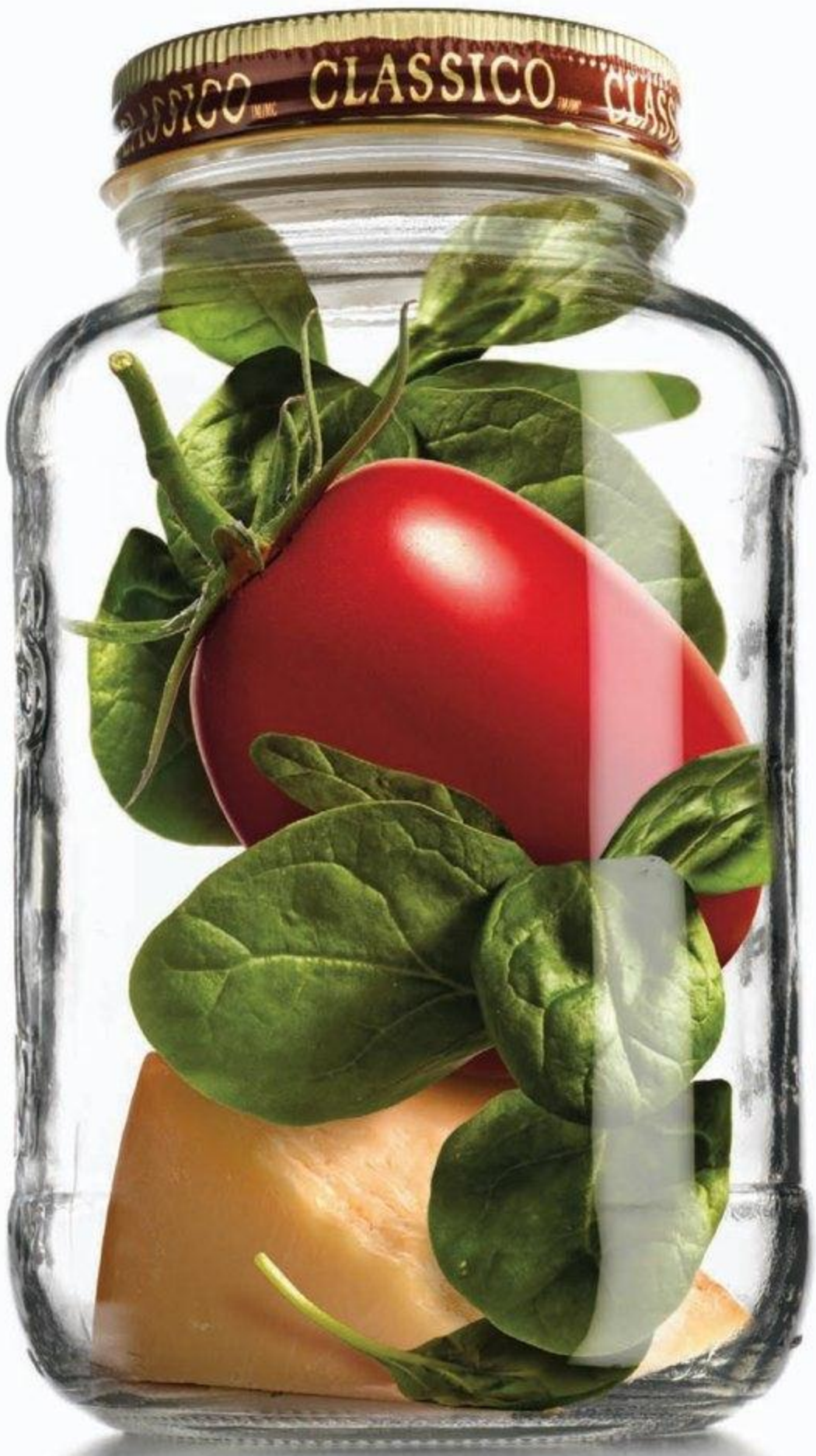

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room service

Is it more than heat that's keeping you out of your kitchen? **Make over the space** for next to nothing.

1 focus on the eyesores

People who complain about their kitchens tend to make a stink about their garbage cans. Since you can't get rid of it, give it a cool new look with decorative, sticky contact paper. Wrap a roll around the can and cut it to fit. Bonus: The material is naturally spill-proof!

2 de-flare your fridge

Magnets and hanging papers create an instant mess (and we know how much time you spend by the fridge). Convert the back of a cabinet door into a display area instead, says James Young, host of DIY Network's new show *I Hate My Kitchen*. Just paint it with magnetic primer (sold at hardware stores), so magnets can stick out of sight. "You can even paint over it with a color you like."

3 fake architecture with paint

Coloring the walls would obviously be a way to add interest, but focusing on smaller areas is a far easier (and quicker) route, Young says. Paint a diamond or another fun shape on your ceiling around overhead lights or a chandelier. Use paint tape to mark off the space, and keep the color between the lines. —JENNIFER CHEN

PHOTOGRAPH BY LUCAS ZAREBINSKI; PROP STYLING BY SARA WACKSMAN.

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BRUSH, RINSE, RECYCLE

There's a lot to love about Preserve's Eco Toothbrushes *($4, greenfeet.com)*: The handles are made from recycled yogurt cups, and the packaging, made from recyclable material, is printed with a return address right on the pouch. When it's time for a new brush, pop your old brush inside and drop it in the mail (postage is paid!). The folks at Preserve will recycle it for you.

WEIGHT & SEE

Score some glory at the county fair. **Guessing the weight of a pumpkin** can be a tricky task, but Iowa farmer John Muller, a regional winner at last year's Safeway World Championship Pumpkin Weigh-Off, shares his advice.

1 **Be wary of big and round.** Wider, more circular pumpkins may be more popular for picking, but they can be deceiving in a contest. "They don't seem to, but round pumpkins can weigh less than long, thin ones," Muller says. As they grow outward, a large, hollow cavity forms between the walls. In skinny pumpkins, it's mostly mass, he says.

2 THUMP THAT PUMPKIN. Smack the side with the palm of your hand, like you would a melon at the market. "The depth of sound may help you gauge how hollow the center is," Muller says.

3 **Check down under.** While lifting the pumpkin to get a sense of its weight, check whether its bottom is inverted, which can decrease the overall load. Take a cue from the top, too. "Thick stems will add numbers to the scale," Muller says, whereas split stems could indicate frailness and lower poundage. "Cracking in the stem may mean the pumpkin wasn't getting sufficient nutrients during the growing process." —AMANDA WAAS

SMASHING PUMPKINS

With a little help from the spice rack, your jack-o'-lantern can last well into November. **Lightly sprinkle ground cinnamon**, a natural food preservative, on any exposed flesh and tiny crevices, like around the eyeholes and the cut area of the stem. The seasoning helps seal in moisture and gives off a pumpkin pie scent when you light your lantern.

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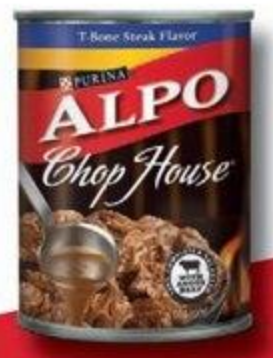

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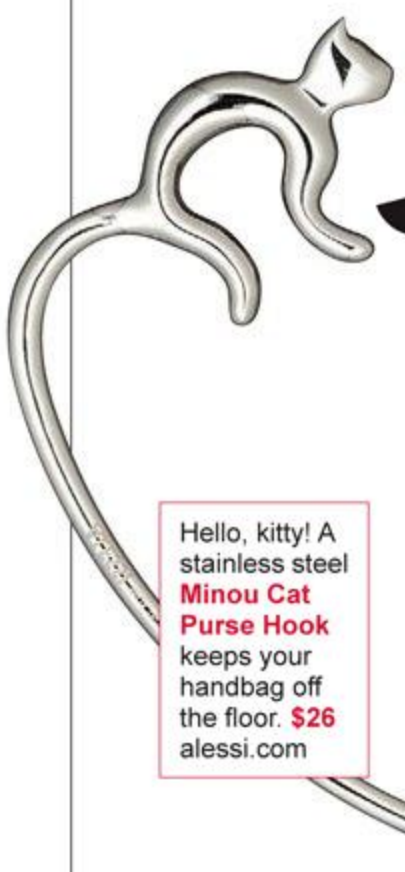
EVERYDAY

faves

shop the coolest finds

Hello, kitty! A stainless steel **Minou Cat Purse Hook** keeps your handbag off the floor. **$26** alessi.com



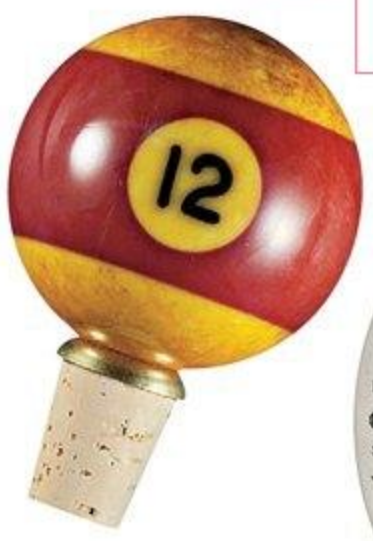
Put your favorite loose-leaf teas inside the **Silicone Tea Submarine** and submerge! **$14** fredflare.com

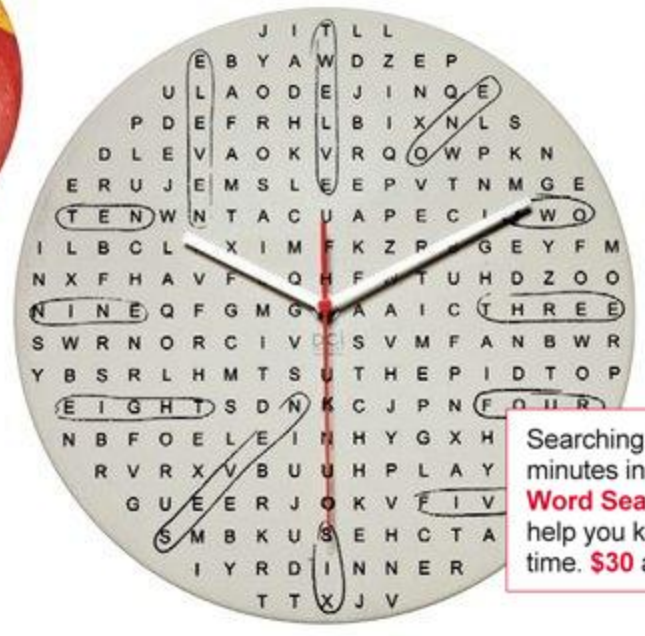
From veggies and pasta to meats and herbs, **"What To Cook?" Dice** turn dinner into a game of chance. **$18** shoptwine.com

faves giveaway: Five readers will win a set of Match & Munch Sandwich Cutters. Enter to win at rachaelraymag.com/october.

Transform your child's next PB&J into puzzle pieces with **Match & Munch Sandwich Cutters. $17 for 4** spoonsisters.com

These one-of-a-kind **Pool Ball Stoppers** are made from vintage billiard balls. **$30 each** henryroad.com



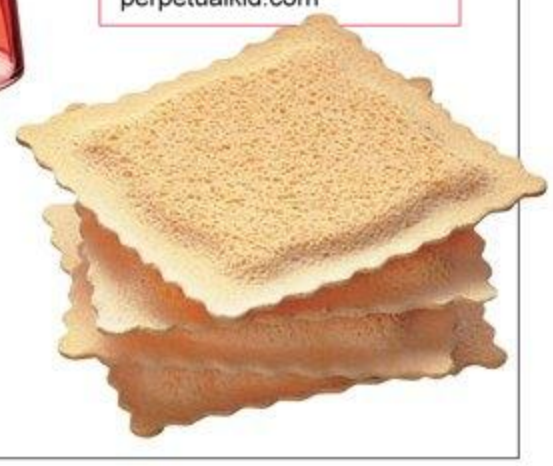


Searching for extra minutes in the day? A **Word Search Clock** will help you keep track of time. **$30** amazon.com

Your kids will get a kick out of turning the frowns upside down on these funky **"Heads-Up" Juice Glasses. $12 for 2** greener grassdesign.com

Don't drop this **Envelope Laptop Case** in interoffice mail: It's made of padded microfiber and fleece. **$46** uncommongoods.com

Super-absorbent **Spongioli Ravioli Sponges** are long-lasting, antibacterial and low in carbs! **$10 for 6** perpetualkid.com



Enter to win at win it! rachaelraymag.com/october

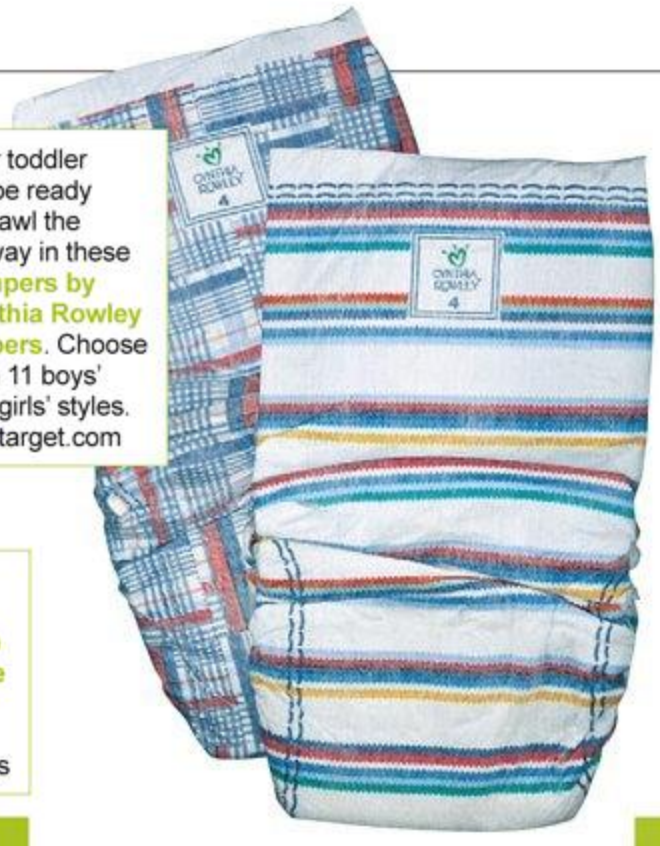
PHOTOGRAPHY BY GORMAN & GORMAN. MARKET EDITING BY ALLISON LIND.

win it! No purchase necessary to enter or win sweepstakes. Purchase will not improve your chances of winning. Sweepstakes are open to legal residents age 18 or older of the U.S., its territories and possessions. Closing date for *Every Day* Faves October sweepstakes is 11:59 p.m. (CDT) on October 14, 2010. To enter and for official rules, visit rachaelraymag.com/october. VOID WHERE PROHIBITED. Sweepstakes sponsored by The Reader's Digest Association, Inc., the publisher of *Every Day with Rachael Ray*.

EVERY DAY faves head to toe

"On Holiday in Tuscany" Foaming Cleanser has a light citrus and sweet tea scent. **$20** notsoapradio.com

Created to match the pH in your natural tears, **Bausch + Lomb Biotrue Multi-Purpose Solution** gently cleans and disinfects contact lenses. **$9** at drugstores



Your toddler will be ready to crawl the runway in these **Pampers by Cynthia Rowley Diapers**. Choose from 11 boys' and girls' styles. **$16** target.com

Waterproof Mascara creates lush, fully coated lashes in just a few swipes. **$14** thebodyshop-usa.com

faves giveaway: Ten lucky readers will win a L'Oréal Paris shadow duo. Enter at rachaelraymag.com/october.

Paired in complementary tones, **L'Oréal Paris Studio Secrets Professional Metallic Shadow Duos** can be applied to look sheer or boldly dramatic. **$8** at drugstores

Nongreasy, holistic **Arnica Muscle Gel** absorbs quickly through the skin to get rid of pain and stiffness. **$24** naturopathica.com

Stop wrinkles in their tracks! **Dr. Brandt Time Arrest Crème Cleanser** removes impurities and makeup in one step. **$50** drbrandtskincare.com

Can't make it to the spa? Indulge in the next best thing: **Bliss Eau De Toilette** is infused with cucumber, bergamot and violet. **$54** blissworld.com

Hide dark circles (and add a boost of vitamins A and E) with **Too Faced Absolutely Flawless Concealer**. **$20** sephora.com

Give your skin 24-hour TLC: **Garnier Nutritioniste Moisture Rescue Gel-Cream** hydrates your skin, night and day. **$8** at drugstores

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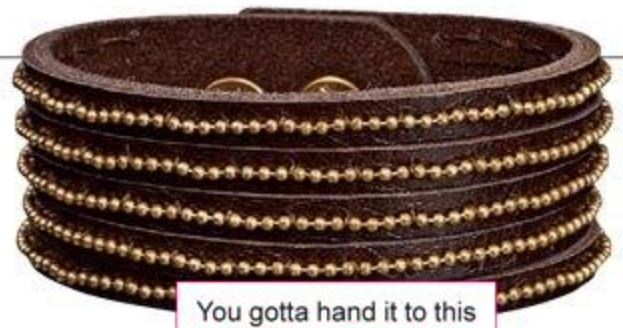
EVERY DAY faves style

Your little guy will be top dog on the playground when sporting this **Appaman Bulldog T-shirt** ($32 psychobaby online.com) and **Denim Hoodie Sweatshirt** ($60 smallconcept .com).

He'll stomp the sidewalk in style wearing these **Suede and Leather "Denver" Boots. $160** at Banana Republic stores



You gotta hand it to this **Adjustable Chocolate Brown Leather Cuff**: It's a pretty mix of hard and soft elements. **$97** presh.net

Chilly fall days are no match for this snuggly **Turtleneck Sweater Poncho** in gray and white. **$40** at Old Navy stores

faves tip: Before buying a piece of clothing, ball it up in your hands to see how easily the fabric wrinkles.

Onstage or on a playdate, she'll rock out in a **Pink Spiral Electric Guitar Long-Sleeve Onesie. $35** minishatsu.com for stores

Pair these figure-flattering **Ponte Riding Pants** with a V-neck tee and chunky gold jewelry. **$30** at Old Navy stores

A hand-painted **Banana Mon-Key Key Ring** will make you smile every time you start your car. **$24** alessi.com

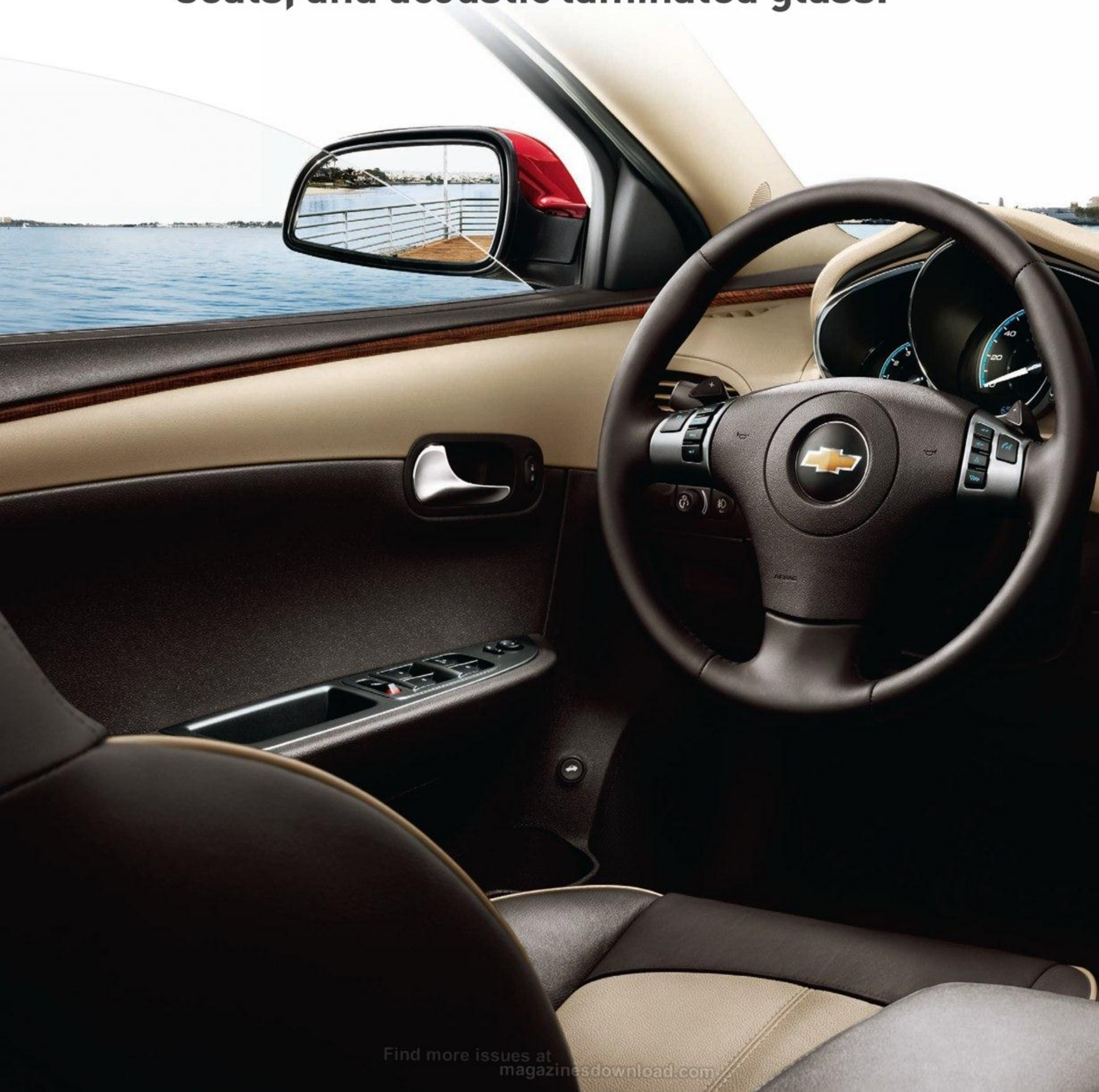
Pennies never had it so good! A flirty **Linea Pelle "Alex" Suede Fringe Coin Purse** turns up the fun. **$60** cusp.com

You'll be standing tall in a pair of **Merona "Kamischel" Suede Lug Boots. $40** target.com

Why didn't someone think of this before? Place **Innies Inserts** in your tall boots and they won't lose their shape. **$22** honorthycloset .com

STYLING BY CLAIRE TEDALDI FOR HALLEY RESOURCES.
FASHION MARKET EDITING BY JANE HARRISON-FOX AND CARA APOTHEKER.

Reliability, now available with French-stitched leather, heated front seats, and acoustic laminated glass.



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Presenting the Chevrolet Malibu. We've made a world-class car accessible to all. The lines are smooth and clean. Handling is precise and responsive. Everything about the Malibu, from its available French-stitched, leather-appointed seats to the noise-dampening acoustic laminated glass, feels like a car that costs much more. Equally impressive is Malibu's dependability, backed by a 100,000-mile/5-year Powertrain Warranty.[1] It was even named A Consumers Digest Best Buy two years in a row. Everyone deserves a car with all the amenities and reliability at a price they can afford. **LS starts at $22,545.[2] Find out more at Chevy.com.**

CHEVROLET

2010 LTZ as shown, $28,000[2]

1 Whichever comes first. See dealer for limited-warranty details. **2** MSRP. Tax, title, license, dealer fees and optional equipment extra. Chevrolet and Malibu are registered trademarks of General Motors. © 2010 General Motors. Buckle up, America! The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license.

CONSUMERS BEST BUY DIGEST

Groovy! The **Kathleen Collection Lamp Shade** is made from vintage vinyl album jackets. **$80** shopscad.com

You'll find endless uses for this **Tape Measure Zippered Bag**: Carry coupons, makeup or even your cell phone! **$12.50** 800-896-7266 for stores

Keep a handy **Kitchen Twine Holder with Scissors** on the counter for easy trussing and stuffing. **$9** cspost.com

Made from plant and sugar extracts, **Eco Clean Glass Cleaner** will leave your windows looking streak-free. **$4** alice.com

EVERY DAY faves home

faves giveaway: Three readers will win the JCPenney Cooks 12-Piece Bowl Set. Enter to win at rachaelraymag.com/october.

The **Cooks 12-Piece Bowl Set**, made of bamboo fibers, is great for mixing, storing or serving dishes of all sizes. **$30** jcp.com

Enter to win at win it! rachaelraymag.com/october

You won't need Yoda's guidance to become a Jedi kitchen master—just these ***Star Wars* Pancake Molds! $20 for 3** williams-sonoma.com

No tools are required to assemble the **Do It Yourself Bird House**: Just snap the interlocking pieces into place. **$30** decorativethings.com

Say goodbye to splinters! Use this chic **Simplemente Blanco Fire Logs Holder** to tote wood indoors. **$60** 617-734-3669

Your guests will be buzzing about this **Orange Honeycomb Doormat** before they even walk in the house. **$32** burkedecor.com

MARKET EDITING BY ALLISON LIND.

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GROUND BEEF

TALENTED ENOUGH TO TURN ANY DISH INTO DINNER.

29 LEAN CUTS. ONE POWERFUL PROTEIN.

You've gotta love the way 95% lean ground beef crafts the perfect chili, makes a mouthwatering meatball and adds its appetizing abilities to so many sauces.

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BEEF. IT'S WHAT'S FOR DINNER.

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ready set

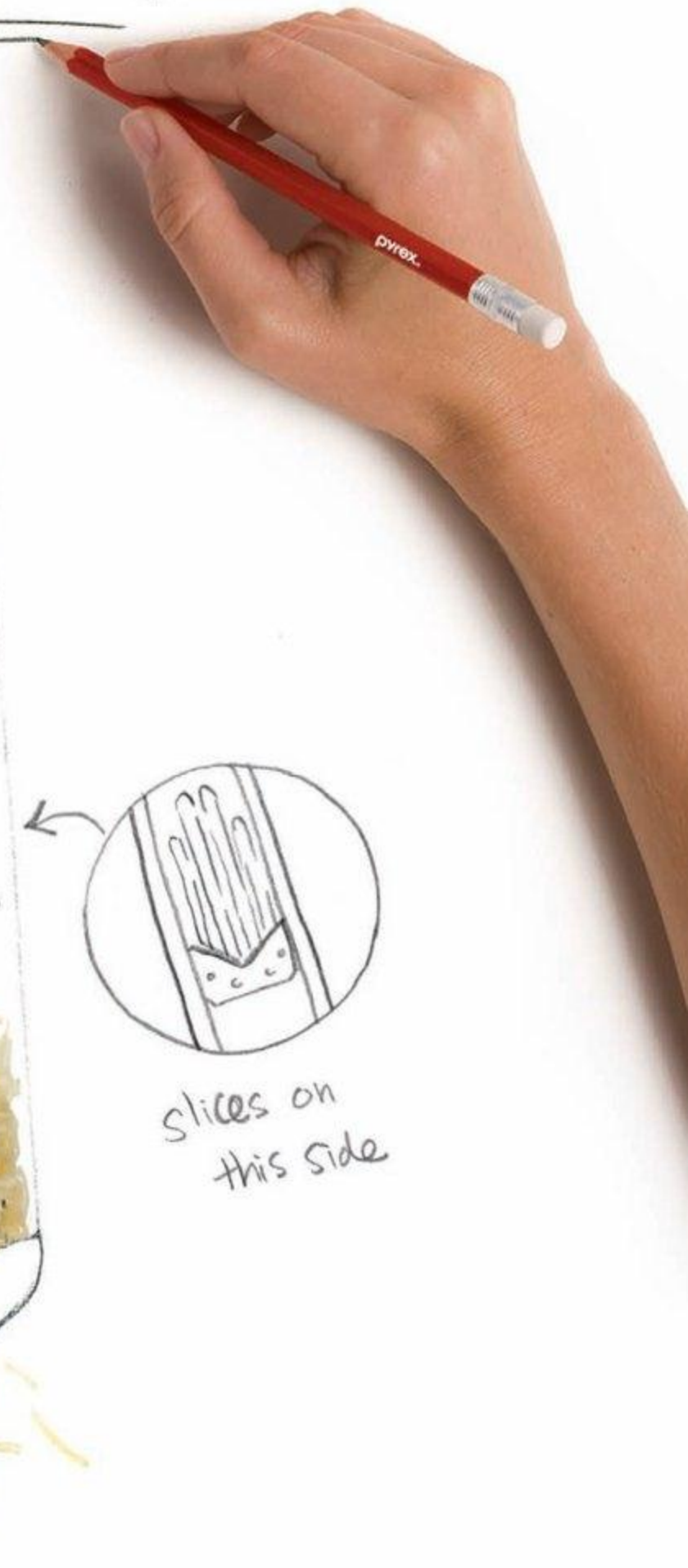
everything you need to get started

star power

Awaken your senses—and your dinner—by buying whole spices (like star anise) instead of ground ones. Just whirl them in a coffee grinder for fresh flavor on demand. **For more ideas about how to use your kitchen like a pro, turn the page.** →

PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY MARYANN POMERANZ; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

Solving for the GRATE.



There has to be a better way. That's the thinking behind our line of cooking tools. For example, our Pyrex® box grater has measuring marks, so you grate exactly the amount you need. See all our smart products at pyrexware.com.

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EVERYDAY

kitchen

steal the chefs' secrets

How do the pros keep their kitchens in tip-top order? They keep it simple—and you can, too. BY **AMY ZAVATTO**

SPICE IT DOWN. Brad Farmerie, chef of New York restaurant Public, uses a ton of **spices**. How does he keep them straight? Step 1: Toss what you don't remember buying. Step 2: Buy from the bulk bin and store spices in half-pint plastic containers (like what wonton soup comes in). They're cheap and stackable. Step 3: Label!

GET OFF THE COUNTER. Workspace needs to be just that—space! Eddy Leroux, chef de cuisine at Daniel Boulud's restaurant Daniel, suggests trading in counter hogs like blenders for space savers like **immersion blenders**. Also, hanging a pot rack on the wall or ceiling keeps gear out of the way and at the ready.

RETURN TO BASICS. Frankies Spuntino owners (and authors of *The Frankies Spuntino Kitchen Companion & Cooking Manual*) Frank Castronovo and Frank Falcinelli run a 12-by-6 kitchen with the essentials. "All I need are serrated, butcher and paring knives, a cutting board, a bowl and a big pot," Falcinelli says.

GO ON A VISION QUEST. Lighting specialist Steve Glenn of Lutron, who consults on Boulud's restaurants, believes in the organizational powers of light. **Halogená bulbs**, a sort of incandescent-halogen combo, produce lots of light, but with a softer, natural tone. Add a dimmer, and the kitchen can go from rotisserie to romantic in no time.

great heights
Redoing your kitchen? When it comes to recessed lighting, ceiling height matters. Lighting specialist Steve Glenn generally recommends going in the 35- to 50-watt range. Taller ceilings need stronger light, anywhere from 70 to 75 watts.

tip from the EVERYDAY test kitchen

To remove odors from your blender or food processor, add equal parts hot water and baking soda to the bowl, give it a whirl, let it soak for 10 minutes, then wash as usual.

MAIN PHOTO, GETTY IMAGES; SPICES AND BLENDER BY BOYLE & GARDNER; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO; PHILIPS A19 HAOLGENÁ BULB, COURTESY OF PHILIPS.

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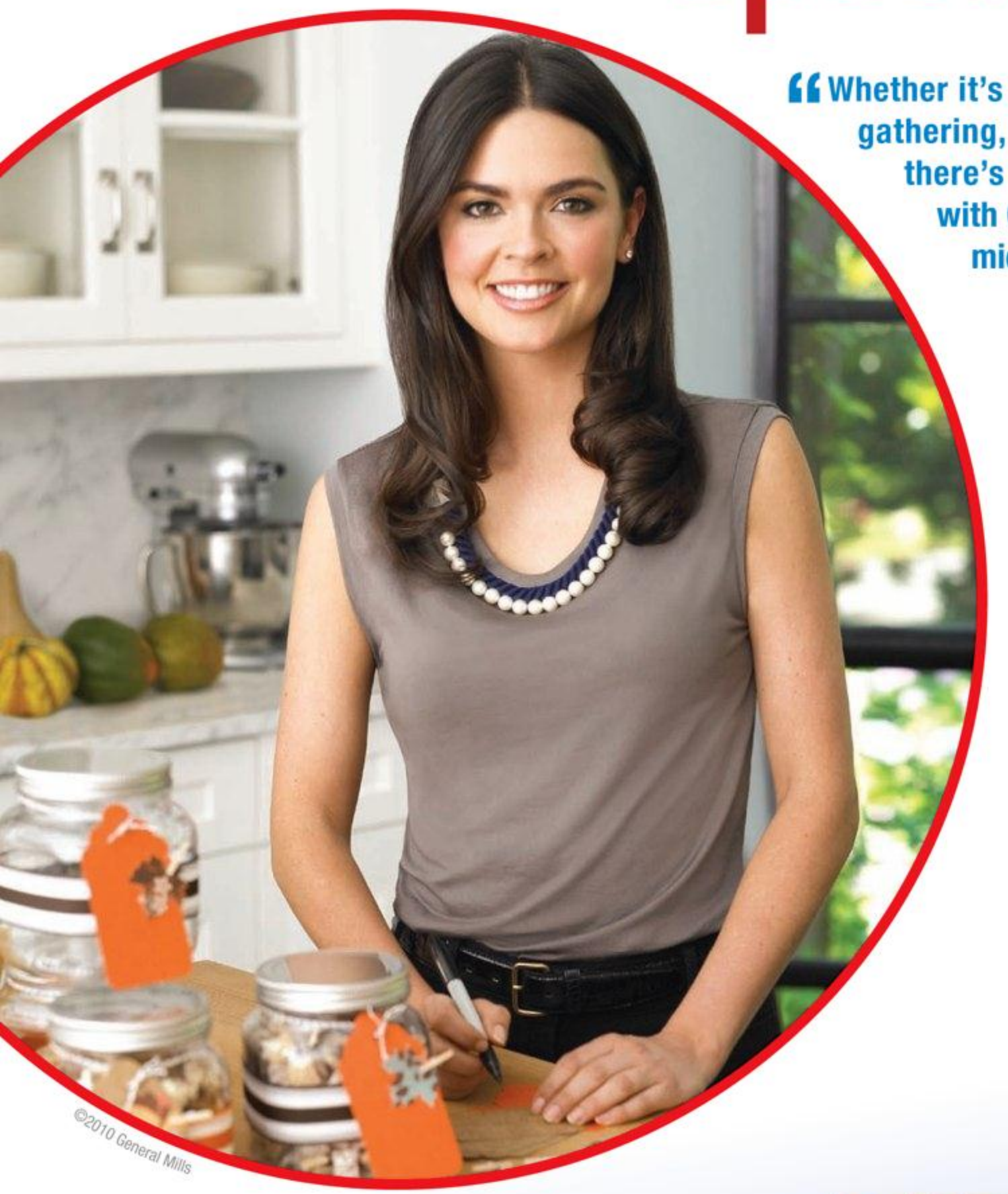
Make it simple, special, quick



"Whether it's watching the big game or a birthday gathering, Halloween bash or Sunday dinner, there's always a fun reason to get together with Chex® Party Mix. Just 15 minutes in the microwave and you're ready for anything!"

- Katie Lee, entertaining expert

Katie's Easy Entertaining Tips

- Mix up your space to get guests mingling. Put the drink and food tables away from each other or put the bar in a less-used part of your house, on a back porch, guest bedroom or a far corner of the living room.
- For an extra touch, dress up your ice by freezing fresh mint, sprigs of herbs or pieces of fruit in ice cubes to add subtle flavor to drinks as they melt.
- Keep ingredients for your favorite **Chex® Party Mix** on hand and you've got the perfect crunchy snack in 15 minutes. Pack some up in a pretty jar with ribbon and add one of these fun tags for great hostess gifts or take-home goodies your guests will love!

Make Chex® Party Mix!

• ★ 15 minutes to your homemade wows! ★ •

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Make it, bring it, give it:

Chex® Party Mix is the quick, delicious snack that wows any crowd.
Use these gift tags to give your host or guests a homemade treat they'll love.

Make Chex® Party Mix!

To: From:

happy birthday!

Wicked good treat!

To: From:

To: From:

The perfect setting

GAME ON

To: From:

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Easy to make, so many flavors to love:

Explore crunchy, delicious recipes for every occasion at ChexPartyMix.com

Halloween Chex® Mix

Start to Finish: 15 minutes, 18 servings

- 8 oz white chocolate baking bars, coarsely chopped
- 4 cups Corn Chex® or Rice Chex® cereal
- 2 cups bite-size pretzel twists
- ½ cup raisins
- 1 cup candy corn
- ¼ cup Betty Crocker® orange and black candy decors

1. In large microwavable bowl, microwave chopped baking bars uncovered on High 1 to 2 minutes, stirring every 30 seconds, until melted and smooth.
2. Gently stir in cereal, pretzels and raisins until evenly coated. Stir in candy corn and decors.
3. Spread on waxed paper or foil until cooled and chocolate is set. Break into chunks. Store loosely covered.

Make Chex® Party Mix!

Visit ChexPartyMix.com for more recipe ideas

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Snickerdoodle Chex® Mix

Gluten Free

Start to Finish: 15 minutes, 16 servings

- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 2 cups Cinnamon Chex® cereal
- 2 cups Chocolate Chex® cereal
- 4 cups popped popcorn
- ¼ cup butter or margarine

1. In small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn.
2. In 1-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Pour over cereal mixture, stirring until evenly coated.
3. Microwave uncovered on High 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereal mixture; stir. Sprinkle with remaining sugar mixture; stir. Microwave 1 minute longer. Spread on waxed paper or paper towels to cool. Store in airtight container.

Make Chex® Party Mix!

Visit ChexPartyMix.com for more recipe ideas

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Buffalo Chex® Mix

Start to Finish: 15 minutes, 24 servings

- 4 cups Rice Chex® cereal
- 4 cups Wheat Chex® cereal
- 2 cups Parmesan-flavored crackers
- 2 cups pretzel twists
- 6 tablespoons butter
- 2 tablespoons hot sauce
- 1 packet ranch dressing mix
- 2 teaspoons celery seed

1. In large microwavable bowl, mix cereals, crackers and pretzels; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in hot sauce and seasonings. Pour over cereal mixture; stir until evenly coated.
2. Microwave uncovered on High 4 to 5 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Original Chex® Party Mix

Start to Finish: 15 minutes, 24 servings

- 3 cups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size or regular-size bagel chips, broken into 1-inch pieces
- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons seasoned salt
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder

1. In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.
2. Microwave uncovered on High 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Make Chex® Party Mix!

Visit ChexPartyMix.com for more recipe ideas

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15 mmmminute recipes.

cinnamon-apple chex® mix

Start to Finish: 15 Min
16 Servings (½ cup each)

- **5 cups Wheat Chex® cereal**
- **1 cup lightly salted whole almonds**
- **¼ cup butter or margarine**
- **⅓ cup packed brown sugar**
- **2 tablespoons light corn syrup**
- **1 teaspoon ground cinnamon**
- **1 cup chopped dried apples**
- **½ cup vanilla yogurt-covered raisins**

1. In large microwavable bowl, mix cereal and almonds.

2. In 2-cup microwavable measuring cup, microwave butter, brown sugar, corn syrup and cinnamon uncovered on High about 2 minutes, stirring after 1 minute, until mixture is boiling; stir. Pour over cereal mixture, stirring until evenly coated. Microwave uncovered on High 3 minutes, stirring and scraping bowl after every minute. Stir in apples; microwave uncovered on High about 2 minutes or until apples just begin to brown on edges.

3. Spread on waxed paper or foil to cool, about 5 minutes. Place in serving bowl; stir in raisins. Store in airtight container.

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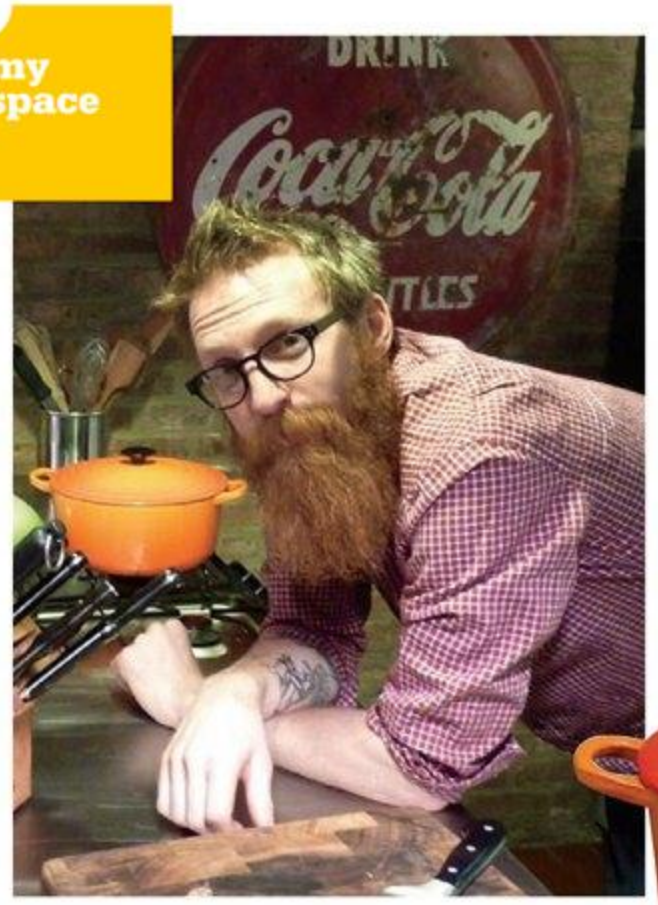
1 Serving: Calories 220 (Calories from Fat 80); Total Fat 9g (Saturated Fat 3g); Cholesterol 10mg; Sodium 200mg; Total Carbohydrate 32g (Dietary Fiber 4g); Protein 4g **% Daily Value*:** Vitamin A 6%; Vitamin C 2%; Calcium 8%; Iron 35% **Exchanges:** 1 Starch, 1 Other Carbohydrate, 1½ Fat, Carbohydrate Choices: 2

Easy to make. Many to love. Chexpartymix.com

Make Chex® Party Mix!

my space



NAME Rick Mast
OCCUPATION Co-owner (with brother Michael) of Mast Brothers Chocolate
LOCATION Brooklyn, New York

Rick Mast doesn't exactly live above the store, but close: His 19th-century loft is five blocks from the small factory where he and his brother Michael craft **artisanal chocolate** from scratch, roasting and refining their own cocoa beans, rather than starting with premade chocolate blocks, as is the norm. Mast's industrial-style kitchen (exposed brick walls, gleaming stainless steel counters and appliances) is, in part, an extension of the factory, a place where the siblings talk shop over beers. It's also where Mast, a trained chef, indulges his passion for non-confectionary cooking and hosts BYOI ("bring your own ingredients") nights for a group of adventurous eaters, including his brother. Does it ever feel like too many foodies in the kitchen? "Nah," Mast says. "We take food seriously, but not ourselves." —SARAH STEBBINS

Mast uses a 5½-quart Le Creuset cooker *($235, bedbathandbeyond.com)* for beef stew and chicken soup. "It's my favorite way to spend a Sunday."

Chocolate pairs well with dark, full-bodied beer. He fills growlers (old-timey 64-ounce jugs) with local brews from restaurants' taps and stores.

"The stinkier, the better," he says of cheese, like Jasper Hill Farm's Winnimere. "You feel transported to the farm when you eat it."

He keeps dry goods like oatmeal and rice fresh in pint-size mason jars from Ball, "so you can see how much is left."

Mast sprinkles roasted chopped cocoa beans, or nibs, on pasta with cream sauce, and dredges scallops in them before searing to "melty, chocolaty" perfection.

Mast "cares for knives like children." His Wüsthof 10-inch chef's knife *($175, amazon.com)* works for everything—"you pretty much don't need anything else."

on hand

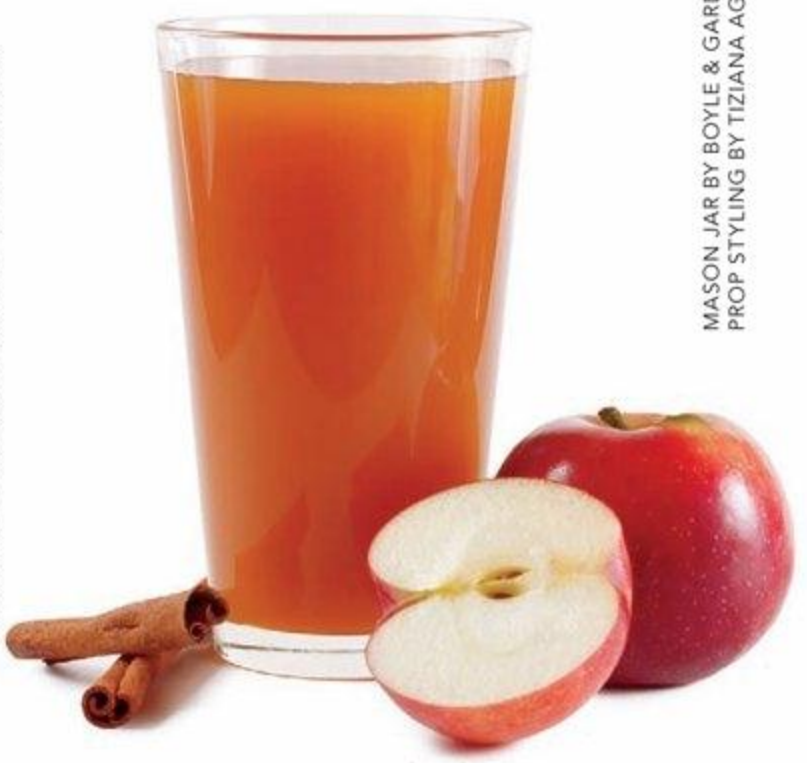
apple cider

GET INSPIRED

simmer apple cider until reduced to a thick syrup. Whisk in butter and serve over apple pancakes.

braise bratwurst and sauerkraut in equal parts apple cider and beef broth; season with caraway seeds and serve with a dollop of spicy mustard.

sprinkle apple cider with cinnamon, nutmeg and cardamom and freeze in a shallow pan. Rake with a fork; repeat every 30 minutes until the flakes resemble snow. Serve with whipped cream.



MASON JAR BY BOYLE & GARDNER; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO; COCOA NIBS, ALAMY; GROWLER, GETTY IMAGES; CIDER, ISTOCKPHOTO.COM.

sound bite

slow cooking

We don't just mean with your slow cookers (though aren't they great?). No, we're talking about the dishes that you're meant to cook all day long **(we love rainy Sundays)** precisely because that's the fun of it. Slow-roast some pork shoulder. Bake a fresh loaf of bread. **Braise something!** Whatever it is, leave it alone to do its thing, go enjoy a real day of rest, then come back to the kitchen to **reap the delicious rewards**.

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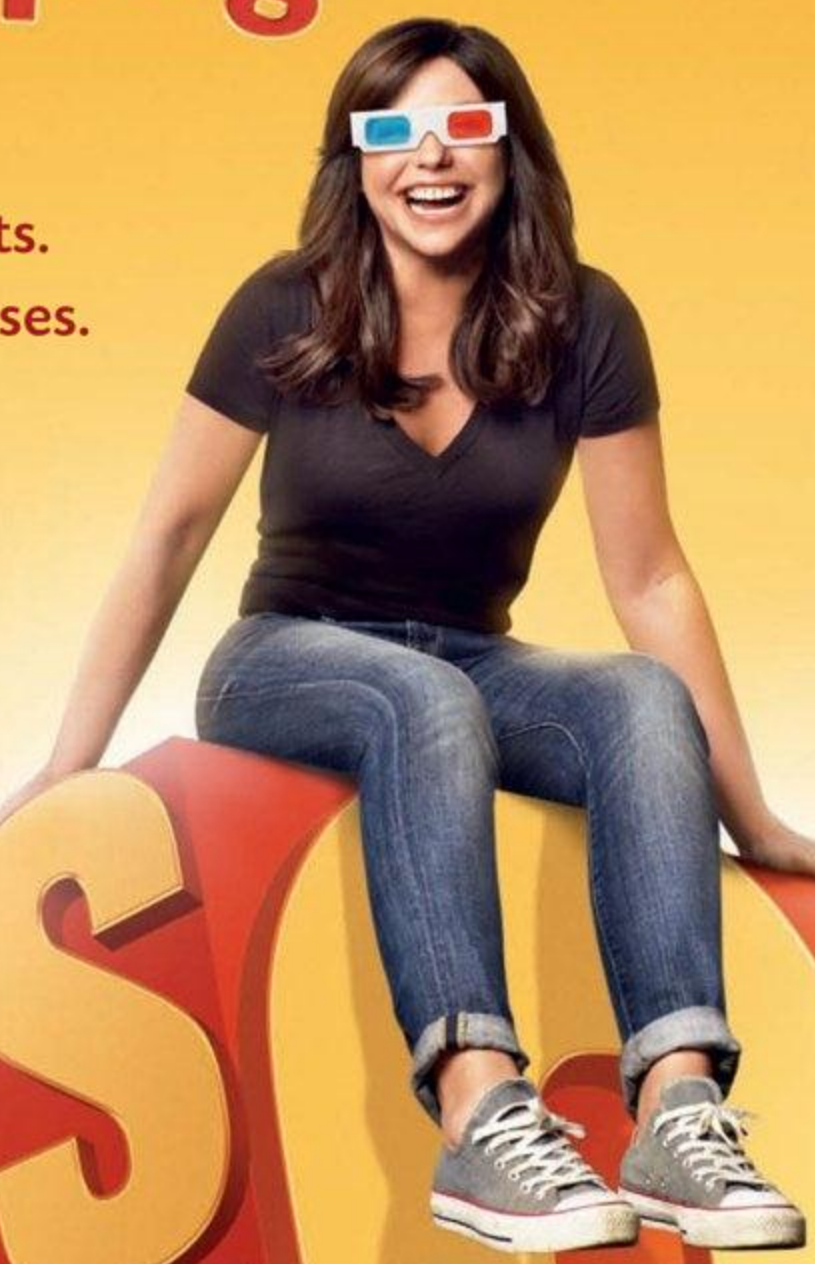
THE eye-popping EVENT OF THE SEASON...

Good eats. Surprise guests.
And you in those funny glasses.
How cool is that?



rachaelray

THIS MONTH
CHECK LOCAL LISTINGS

RACH'S HALLOWEEN BASH IN 3D

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TO FIND OUT WHERE YOU CAN GET YOUR 3-D GLASSES!

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get fresh parsnips

BY KATIE BARREIRA

»BUY IT

Look for firm roots with milky white skin.

AVOID ROOTS WITH BROWN SPOTS OR LOTS OF HAIRLIKE SPROUTS.	**Refrigerate in the crisper (wrapped individually in paper towels in a plastic bag) for up to 2 weeks.**
Select medium (less likely to have a woody core), uniformly shaped roots for easier prep.	

BEST:
OCTOBER THROUGH FEBRUARY

»COOK IT

Parsnip-Scallion Fritters

MAKES ABOUT 25

Using a food processor, shred **1 pound peeled parsnips** (about 4 cups). In a large bowl, toss together the shredded parsnips, **1 cup thinly sliced scallions**, **¼ cup flour** and **¾ teaspoon each salt and pepper**; stir in **2 beaten eggs**. In a large, heavy skillet, heat **2 tablespoons vegetable oil** over medium-high heat. Gently fold **½ cup panko breadcrumbs** into the parsnip mixture until just combined. Working in batches and adding more oil as needed, drop rounded tablespoonfuls of the mixture into the skillet 1 inch apart. Flatten slightly with a spatula and fry, turning once, until crisp and golden, about 5 minutes. Serve immediately.

web **Get a guide to all the best fall produce** at rachaelraymag.com/october.

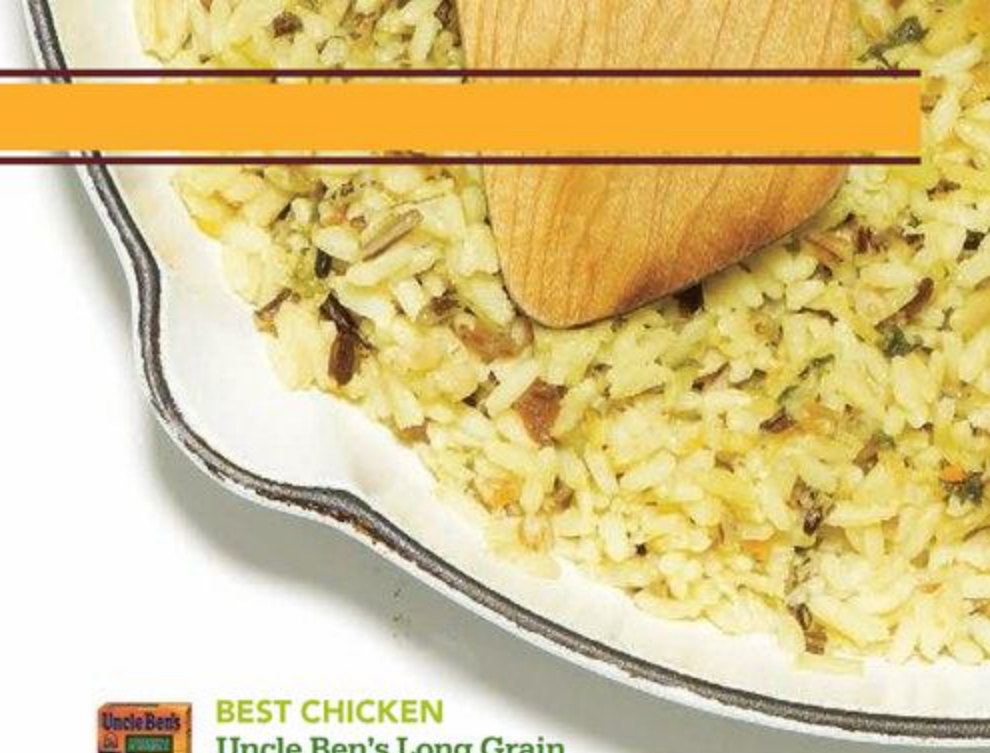
»MAKE IT

Puree parcooked parsnips with parcooked carrots and grated ginger for a quick soup. ❊ Roast thinly sliced parsnip rounds and toss with butter, grated orange peel and fresh herbs. ❊ Grate raw parsnips into coleslaw or a salad of arugula, shaved gruyère cheese and balsamic vinegar. ❊ Cut into matchsticks, toss with extra-virgin olive oil, salt and pepper and roast at 450° until golden and tender (try brushing with maple syrup and sprinkling with cayenne during the last 15 minutes of roasting). ❊ Swap shredded parsnip for half of the carrot used in a cake or muffin batter. ❊ Halve lengthwise and use as an edible "rack" for oven-roasted chicken. ❊ Deep-fry very thin slices in vegetable oil. ❊ Add cubed pieces to stews and soups.

PHOTO, ALAMY.

taste test: Rice Mixes

BY **AMY SUNG** | PHOTOGRAPH BY **LUCAS ZAREBINSKI**



BEST CHICKEN
Uncle Ben's Long Grain Rice Herb Roasted Chicken
Tasters went crazy for the nutty flavor and toothsome texture of this mix, made of wheat berries, orzo, and long-grain and wild rice. It's moist and hearty, with flecks of parsley—there's no fake meat flavor here. "It tastes like it was cooked in real chicken stock," enthused one panelist. *($1.99 for 6 ounces, at grocery stores)*

BEST CHEESY
Rice-A-Roni Nature's Way Italian Cheese & Herb
After sampling too many bright orange rice mixes, our tasters were delighted by this naturally flavored blend that packs in plenty of parmesan. The creamy mix has the "perfect al dente texture," said one taster. Another kept her comments brief: "Parmesan power!" *($1.42 for 5 ounces, at grocery stores)*

BEST VEGGIE
Alessi Risotto con Funghi Porcini
Founded in 1947 by Sicilian immigrant Antonino Alessi, the family-owned company stays true to its Italian roots by using chewy, short-grain arborio rice in this outstanding risotto. Sweet, slow-cooked onions and garlic balance the woodsy porcini mushroom bits: "It tastes like caramelized onions," said one taster. *($2.69 for 8 ounces, at grocery stores)*

BEST ASIAN
A Taste of Thai Yellow Curry Rice
Some curries overpower anything they touch, but this jasmine rice mix with turmeric gets the complex flavors of Thai food just right. "It's gently spiced and well-balanced, with mellow coconut and bright cilantro," one panelist noted. Another said, "So tasty I'd eat it alone—or use it as a shortcut base for fried rice with shrimp and veggies." *($3.99 for 7 ounces, at grocery stores)*

BEST SPANISH
Near East Rice Pilaf Spanish Rice
Panelists' taste buds perked up after one bite of this satisfying, paprika-spiced blend, laden with bell peppers, onions, tomatoes and garlic—"enough to keep your mouth entertained," as one taster put it. Others described the pilaf as having a "fluffy, chewy" texture and a "rich, buttery taste with a nice kick." *($2.51 for 6.75 ounces, at grocery stores)*

web **Find the perfect main dish for each winner** at rachaelraymag.com/october.

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN.

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ALL-NATURAL FROZEN YOGURT. BEAUTIFUL.

bluebunny.com

So good it speaks for itself.

Supermarket Do's and Don'ts

We polled readers on what is acceptable (or not!) when it comes to shopping behavior.

BY **NICOLE CHERIE JONES**

Shopping in Your Pajamas

DON'T **86 percent** "I'm not a dressing-up kind of girl—I am and always have been a huge tomboy. But I would still never go anywhere in my pj's!"

DO **14 percent** "I'm a mother and if I need to go to the store, I go when I have the chance—pajama pants or not. I may not even have clean laundry! I am not lazy or sloppy, just busy."

Talking on Your Cell Phone During Checkout

DON'T **93 percent** "It's rude to multitask on the phone while interacting. My husband does this often and it embarrasses me, so I take over and talk to the person for him."

DO **7 percent** "Sometimes I need to take a call while shopping—especially if it's my family. I apologize to the cashier, though, and always end the call before finalizing my purchase."

Holding Up the Line for a Price Check

89%

DO

"You have to check prices because mistakes happen all the time. I hate to hold people up, but I don't feel guilty!"

11%

DON'T

"If you're in the express lane, be courteous and head to the help counter after completing your purchase instead of holding everyone up."

Disciplining Children in the Store

DO **89 percent** "Kids act worse if they know they can get their way. When my son acts up, I put him in the closest corner for a short time-out while I shop within sight."

DON'T **11 percent** "Not unless it's a major offense. I have a rambunctious 3-year-old, and little things are not worth the battle!"

Walking Past a Spill Without Reporting It

75 PERCENT

DON'T

"I don't want to walk into a mess! I would let someone know, but hopefully the person who did it has already told a clerk."

25 PERCENT

DO

"I'm always in such a hurry at the store. I barely have time to shop for myself, let alone report a mess that wasn't even mine!"

web

Disagree? Have a great story to tell? Get in on the conversation at rachaelraymag.com/october.

GROCERY STORE, VEER.COM; EGGS, GETTY IMAGES

Sampling in the Produce Section or the Salad Bar

DON'T 92 PERCENT "YUCK! WOULD YOU LET YOUR KIDS STICK THEIR HANDS INTO A DISH AT DINNER? THEN WHY WOULD YOU DO THE SAME THING AT THE STORE?"

DO 8 PERCENT "I'LL TASTE A GRAPE TO SEE IF THEY'RE SOUR OR NOT BEFORE BUYING."

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→ **Check Out**

DOMESTIC BEER TRENDS

We asked Matt Simpson, aka the Beer Sommelier, for the latest trends in homegrown brews. Here are the cold ones worth bringing home. —N.C.J.

Environmentally Friendly

OUR PICK Sierra Nevada Torpedo Extra IPA *($10 for a six-pack)*

An innovator in sustainable business practices, this brewery is now solar-powered. Its pale ale plays up slightly bitter and super-floral American hops.

High Alcohol Content

OUR PICK Samuel Adams Double Bock *($10 for a four-pack)*

At almost 10 percent alcohol by volume (nearly twice that of regular beer!), this bold beer delivers creamy caramel notes and a wonderfully sweet finish.

Craft in a Can

OUR PICK Blue Moon Belgian White Ale *($8 for a six-pack)*

Blue Moon hit a home run years ago with this craft-inspired ale. Now it comes in a can that's got a liner to preserve the orange peel and coriander flavors—and is more tailgate-friendly than a glass bottle.

Sampler Packs

OUR PICK Michelob Wheat Beer Sampler Pack *($13 to $15 for a 12-pack)*

Play the field: Try out several beers without committing to one. Spicy Ginger Wheat is the newest flavor to round out the other easy-drinking beers in this pack.

DID YOU KNOW...?

A recent study found that pale barley malts and beers rich in hops are packed with dietary silicon, which can help promote strong and healthy bones.

Source: Department of Food Science & Technology at the University of California, Davis

THIS PAGE: ILLUSTRATION, ARTHUR MOUNT. OPPOSITE PAGE: MAN ON THE STREET, CORY DONOVAN; SHOT ON LOCATION AT EDDIE'S OF ROLAND PARK, IN BALTIMORE.

THE SECRET TO OBLITERATING MORE TOUGH STAINS THE FIRST TIME?*

*vs. value liquid detergents

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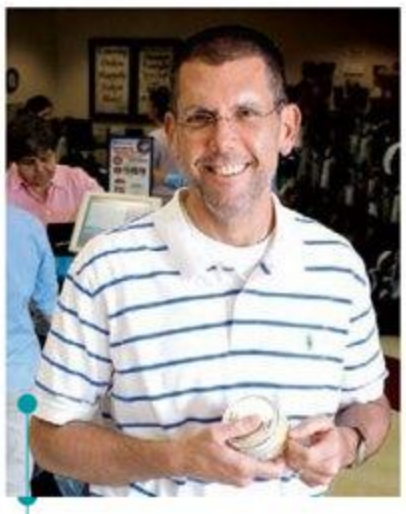
Man on the Street We asked shoppers at a Baltimore supermarket:

"What item in your cart did you rethink and put back?"—CAROLINE ENTEN



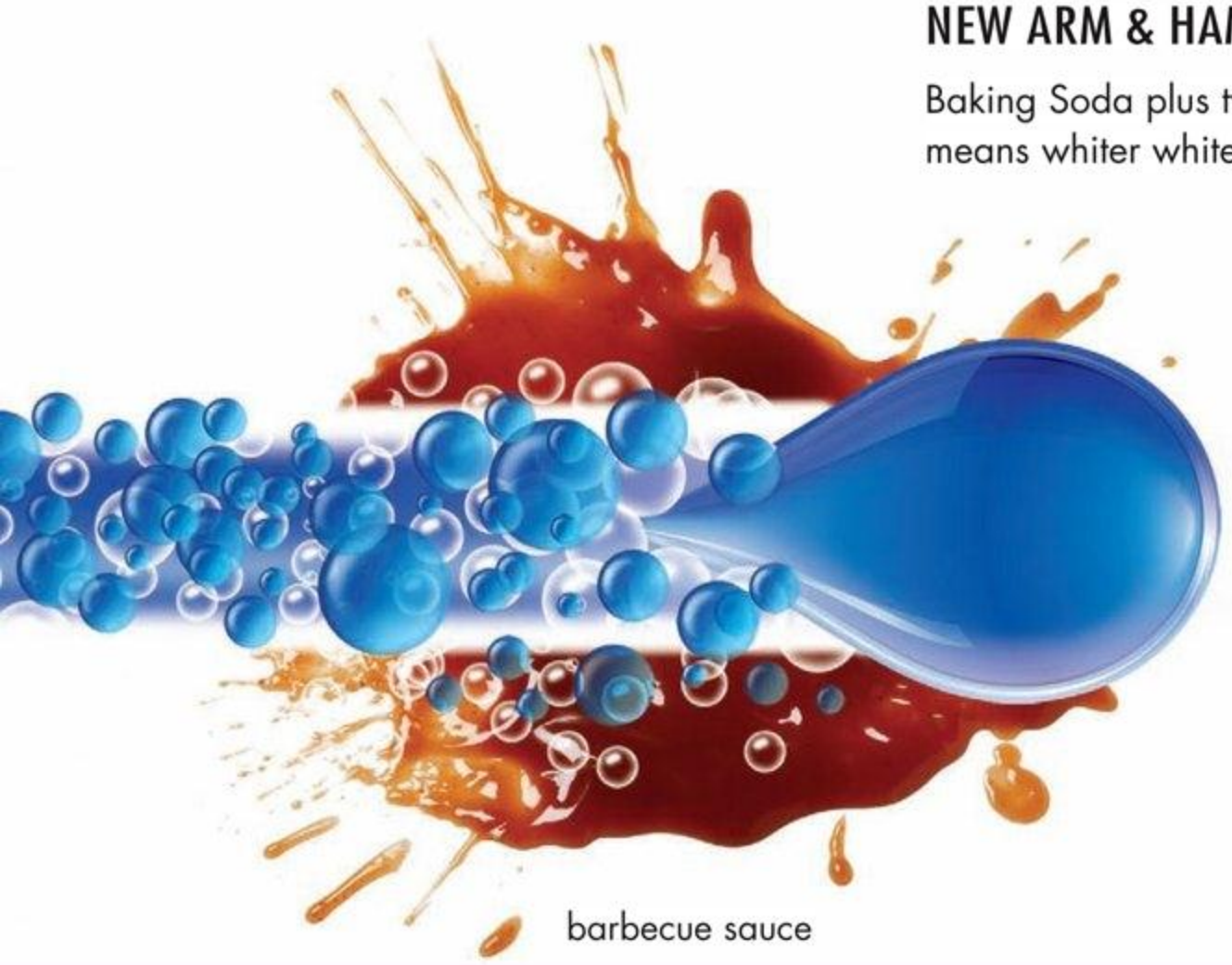
"I came for a lemon-dill sauce, but then I saw this lemon-horseradish sauce. It was pricier, but irresistible."
—DAN SANSONE

"Bread for tomorrow night's dinner—I decided to pick it up fresh from the bakery tomorrow instead."
—SEANA MCCANN

"A scented candle. I thought to myself, Do I really need that?"
—SUSAN SHAW

"I grabbed trail mix, but decided it was too salty after scanning the nutrition panel. I got dried fruit instead."
—SHELLY HAIRSTON

"Pine nuts. They were eight dollars!"
—PAUL BALSAMO



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Popcorn Poppers

Want perfect popcorn at a fraction of the price of the packaged stuff? Give one of these top poppers a try.

BY **VIVIAN JAO** | PHOTOGRAPHY BY **LUCAS ZAREBINSKI**

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN.

(1)

SUR LA TABLE MICROWAVE POPPER

$20 *surlatable.com*

UPSIDE Made from heavy-duty laboratory glass instead of plastic; can be used with or without oil; well lets butter melt onto popcorn while popping; dishwasher-safe.

DOWNSIDE Doesn't work as well when filled to capacity (10 cups) as it does with smaller batches (about 6 cups); glass can crack or break if dropped.

(2)

WEST BEND KETTLE KRAZY POPCORN POPPER AND NUT ROASTER

$50 *westbend.com*

UPSIDE Large capacity (24 cups); well lets butter melt onto popcorn while popping; can be used to glaze and flavor popcorn and nuts; popping popcorn visible—and fun to watch.

DOWNSIDE Expensive; requires oven mitts to invert; bulky; not dishwasher-safe, and grease is difficult to remove by hand.

(3)

PRESTO POPLITE GOURMET HOT AIR POPPER

$30 *walmart.com*

UPSIDE Large capacity (18 cups); speedy popping; does not require oil; includes optional butter-melting tray; multiple batches can be made back to back without cooling time; oil-free popping results in easy cleanup.

DOWNSIDE No on/off switch; hot unpopped kernels can fly out of the chute; not dishwasher-safe.

(4)

NORDIC WARE MICROWAVE POPCORN POPPER

$10.50 *nordicware.com*

UPSIDE Inexpensive; easy to use; compact; can be used with or without oil; sturdy plastic bowl can be used to reheat other foods.

DOWNSIDE Lid can be difficult to remove; opaque bowl prevents user from monitoring popping progress; bowl gets very hot during use and can scorch the popcorn a bit; not dishwasher-safe.

(5)

CUISINART EASYPOP POPCORN MAKER

$60 *cuisinart.com*

UPSIDE Multiple 10-cup batches can be made back to back without cooling time; working parts are removable and dishwasher-safe; handles stay cool.

DOWNSIDE Expensive; bulky; short cord; no well to melt butter; can scorch the popcorn a bit; tall (rather than wide) serving bowl is awkward to share.

TURN FOR THE RECIPE

PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

pork

pork checkoff. ©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

USE YOUR POPCORN POPPER TO
make this

tip Kick up the taste even more by using flavored chips, such as sour cream and onion.

Loaded Baked Potato-and-Popcorn Mix

MAKES 13 CUPS **PREP** 10 MIN

- 10 cups freshly popped popcorn
- 3 cups potato chips (about 4 ounces)
- 3 tablespoons salted butter
- 2 teaspoons onion powder
- ½ teaspoon sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ½ cup finely grated aged cheddar or gouda cheese
- 3 tablespoons fresh or dried chopped chives

On a baking sheet, spread out the hot popcorn and the potato chips. In a small saucepan, melt the butter. Mix in the onion powder, sugar, garlic powder and salt. Drizzle over the popcorn and potato chips. Sprinkle with the cheese and chives and gently mix with a spatula. To serve, transfer to a large bowl.

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When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at **TheOtherWhiteMeat.com**

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Snyder's of Hanover

The Holiday Rescue Crew—showing readers how to share the best! Check out **EDWRRchatandchew.com/snyders** to meet our experts, see videos of them in action, enter to win a party makeover, and more!

KATHLEEN IRIARTE
Winner of the SHARE THE ORGANIC DIFFERENCE Recipe Contest!

Eggplant Hummus

1 medium eggplant
Cooking spray
1 - 15oz. can garbanzo beans
1 clove garlic, minced
¾ cup Stonyfield Organic Low Fat Plain Yogurt
2 tablespoons tahini
Juice of one lemon (about ¼ cup)
½ teaspoon cumin
½ teaspoon salt
Dash chipotle chili powder

Preheat oven to 425°. Cut eggplant in half and score down to skin. Place cut side down on a cookie sheet sprayed with cooking spray. Bake until soft and slightly charred, 30 to 40 minutes. Cool. Remove flesh from eggplant, place in food processor and blend until light and airy. Add garbanzo beans and garlic and blend until smooth. Add yogurt along with remaining ingredients and pulse to combine. Adjust seasoning. Chill and serve with crudités, pretzels or pita chips.
Makes 6 servings

Visit **Stonyfield.com** for more recipes and yogurt cooking tips.

Visit **chatandchew.RachaelRaymag.com** for complete details on all programs and events or e-mail us at **howcoolisthat@rd.com**.

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Living Light

BY **TRACEY SEAMAN** | PHOTOGRAPHY BY **CON POULOS**

Soba Noodle Soup

SERVES 4 **PREP** 20 MIN **COOK** 10 MIN

One 8-ounce package soba noodles
One 32-ounce container (4 cups) chicken broth
One 1-inch piece fresh ginger, peeled and sliced ¼ inch thick
2 tablespoons soy sauce
6 ounces cooked chicken breast, shredded
½ pound snow peas, halved
2 cups coleslaw mix
3 scallions, thinly sliced
½ cup chopped cilantro
Red chili paste, for serving

1. In a pot of boiling water, cook the noodles according to package directions. Drain and rinse.
2. Meanwhile, in a saucepan, bring 2 cups water, the chicken broth and ginger to a boil. Stir in the soy sauce and lower the heat to low.
3. Divide the chicken, snow peas and coleslaw among 4 large soup bowls. Add the noodles to the saucepan and heat through. Using tongs, divide the noodles among the soup bowls. Ladle the liquid into the bowls and top with the scallions and cilantro. Serve with the chili paste.

Calories.....**351**
Saturated Fat.....**1g**
Dietary Fiber.....**6g**
Protein.....**27g**

WHAT'S IN IT FOR YOU

SOBA NOODLE SOUP

- Using buckwheat soba instead of typical noodles boosts protein.
- Fresh ginger makes a particularly tummy-soothing broth.
- This soup has broad appeal: It's just as tasty (and healthy) when made with shrimp or tofu.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY MARINA MALCHIN. NUTRITIONAL ANALYSIS BY SUKI HERTZ.

myth of the month **A tall glass of orange juice is a healthy way to hydrate.** **THE REAL DEAL** Before you go guzzling, realize that a 16-ounce glass holds the juice of up to 6 oranges, or almost 400 calories! Water and juice-spiked seltzer are healthier ways to quench your thirst.

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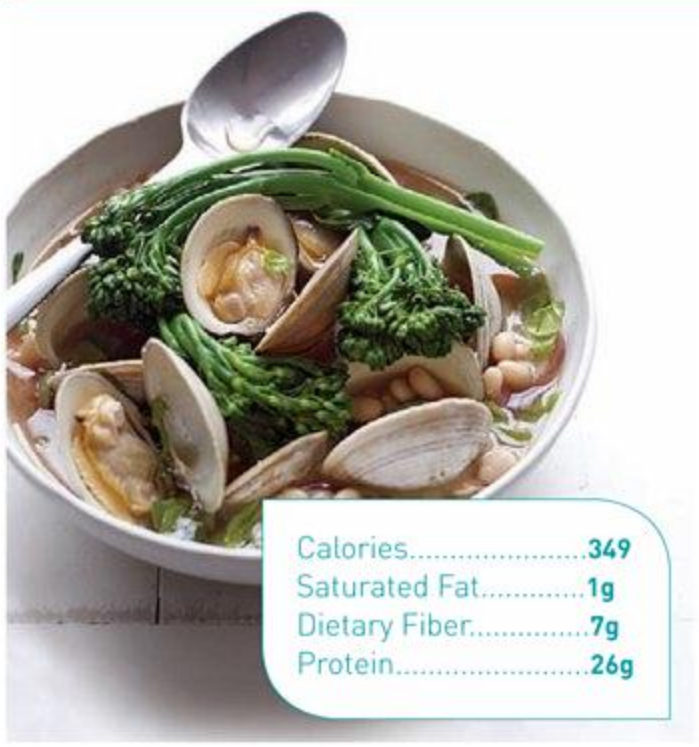


Clam Soup with Potatoes and Beans

SERVES 4 **PREP** 15 MIN **COOK** 15 MIN

- 12 ounces red-skinned potatoes
- 2 tablespoons extra-virgin olive oil
- 5 cloves garlic, chopped
- 2 bunches broccolini, trimmed and stems halved lengthwise
- Salt and pepper
- 40 littleneck clams, scrubbed
- 1 cup white wine
- 1 cup store-bought strained tomatoes, such as Pomi brand
- 1 cup canned navy beans, rinsed
- ¼ cup basil leaves, cut into ribbons

1. Place the potatoes in a medium saucepan with enough water to cover. Bring to a boil, lower the heat and simmer until fork-tender, about 15 minutes; drain.

2. Meanwhile, in a large pot, heat the olive oil over medium-low heat. Add the garlic and cook, stirring, until golden. Add the broccolini, season with salt and pepper, cover and cook, stirring occasionally, until crisp-tender, about 3 minutes. Transfer the broccolini to a bowl.

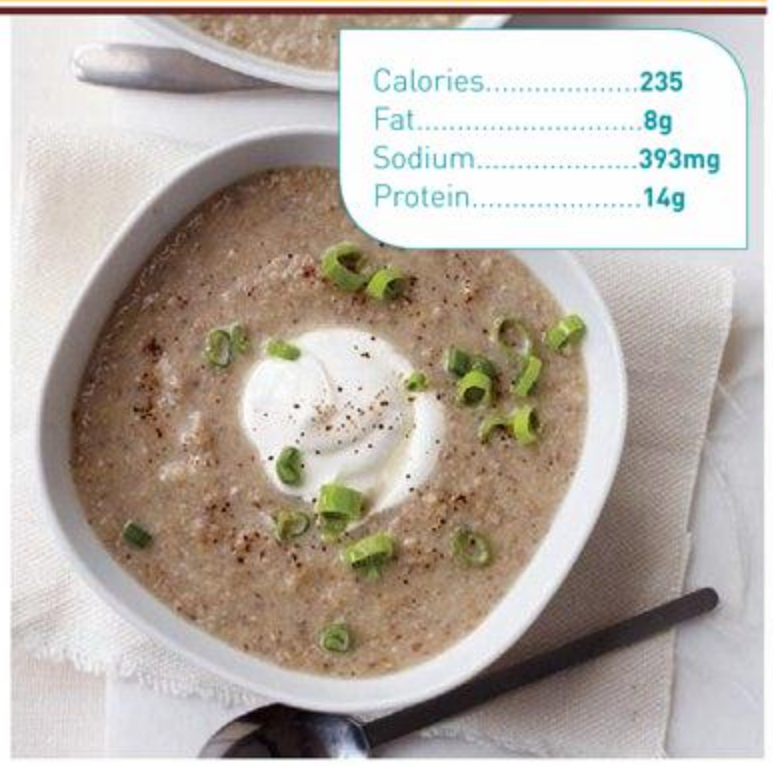
3. Add the clams, wine and 1 cup water to the pot. Cover and cook over high heat, stirring occasionally and transferring the clams as they open to 4 soup bowls, for about 5 minutes. Slice the potatoes and add to the soup bowls.

4. Add the tomatoes and beans to the pot and bring to a boil. Return the broccolini to the pot and heat through. Transfer the broccolini to the soup bowls, then ladle the broth and beans on top. Top with the basil.

WHAT'S IN IT FOR YOU

CLAM SOUP WITH POTATOES AND BEANS

Clams in their shells supply lots of iron and protein (not to mention beauty!).	Loaded with greens and beans, this soup's a balanced one-dish meal.	Lots of garlic adds a potent punch of cardiovascular support.



Cream of Mushroom Soup

SERVES 4 **PREP** 20 MIN **COOK** 35 MIN

- 2 tablespoons unsalted butter, cut into 4 pieces
- 1½ pounds assorted mushrooms, chopped
- Salt and pepper
- 1 large onion, chopped
- 1 bunch scallions, sliced
- One 4-ounce baking potato
- 3 cups vegetable broth
- 1¼ cups 2 percent milk
- ¼ cup plain nonfat greek yogurt

1. In a large saucepan, melt 1 piece butter over medium-high heat. Add one-third of the mushrooms and cook, stirring occasionally, until browned, 5 minutes. Season with salt and pepper and transfer to a bowl. Repeat in 2 batches with 2 more pieces butter and the remaining mushrooms.

2. Add the remaining 1 piece butter, the onion and all but 2 tablespoons of the scallions to the pot and cook, stirring, until golden-brown and tender, about 7 minutes. Meanwhile, thinly slice the potato. Return the mushrooms to the pot, add the potato, vegetable broth and 1 cup water and cook for 10 minutes.

3. Using a blender, puree the soup and transfer to a saucepan. Stir in the milk and ½ cup water and season with salt. Heat through over medium heat. To serve, top with the yogurt and reserved scallions.

WHAT'S IN IT FOR YOU

CREAM OF MUSHROOM SOUP

Psst...there's no cream. We use 2 percent milk instead.	Pureed potato adds a velvety texture.	Vegetable broth means this meal's completely vegetarian.

web **We've lightened up more recipes** at rachaelraymag.com/october.

SPICES FOR HEALTH
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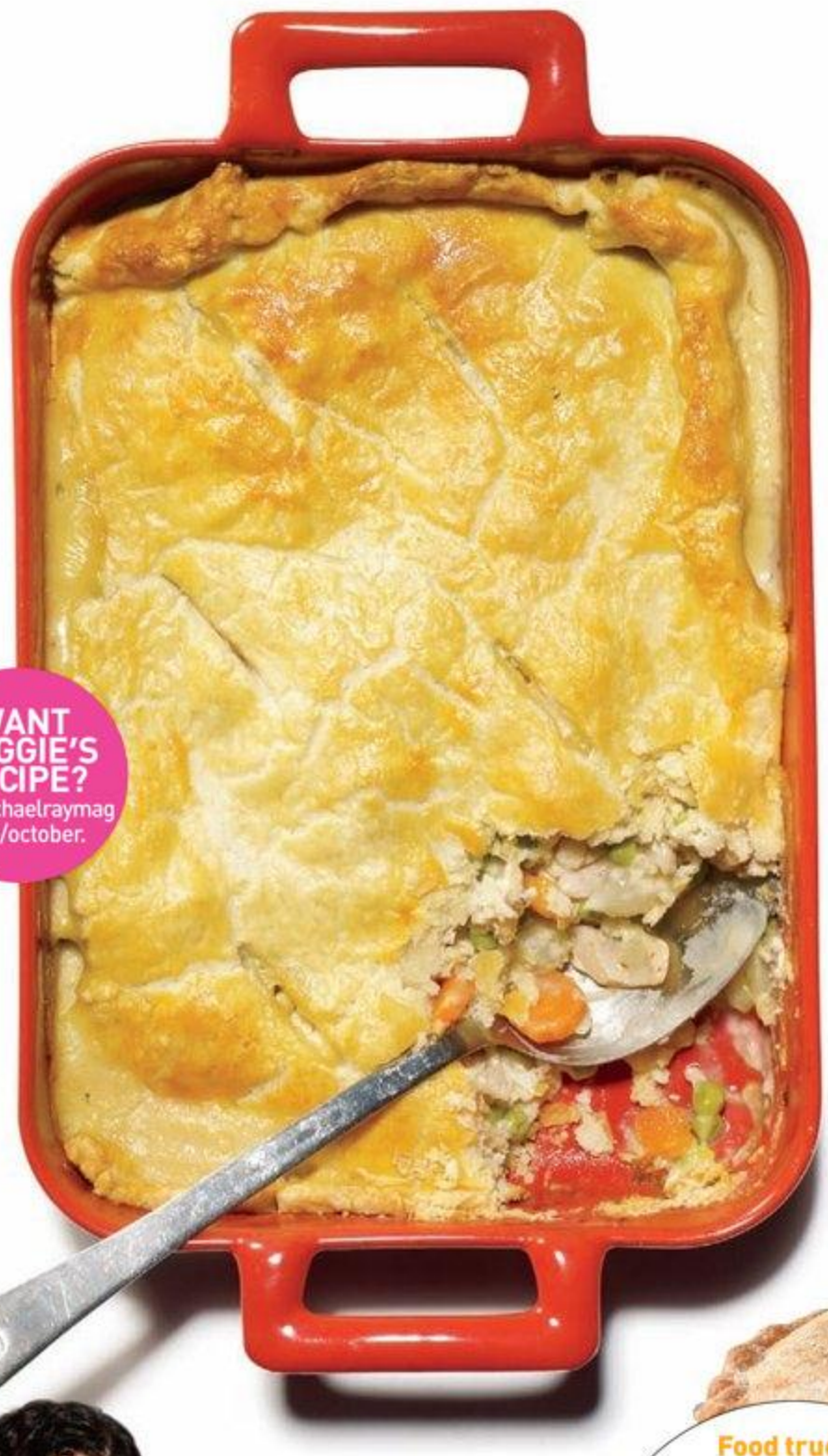
Old School...New School

Classic dishes aren't born, they're made—time and time again. This month we celebrate how chicken potpie has touched our taste buds, and our lives.

BY **LIZ PEARSON**

READER'S STORY
Back when she was a full-time working mom, Maggie Lake perfected a **chicken potpie that was big on flavor but not fuss**. She swapped the roasting, the roux and the rounds of chopping for cubed rotisserie chicken, a can of cream of potato soup and a bag of frozen veggies. "The pie doesn't lose any of its comfort-food appeal—but it's on the table in an hour," says Lake.



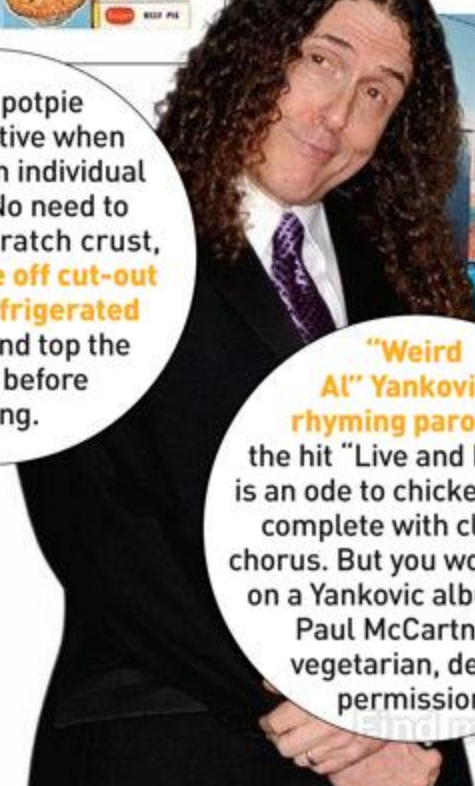
WANT MAGGIE'S RECIPE? Visit rachaelraymag.com/october.

RACH'S STORY
"I didn't really grow up with chicken potpie. We made chicken with dumplings or chicken and biscuits—heavy on the chicken, easy on the dumpling or biscuit. As a cook, though, **chicken potpie is a recipe I riff on often**. I've made knife-and-fork ground turkey burgers with potpie gravy, quick handheld potpie turnovers, and 30-Minute Meals like chicken fricassee, chicken and biscuits, and chicken and dumplings." For Rach's new-school twist on chicken potpie, and to let her make over your dish, visit rachaelraymag.com/october.

A TV-dinner classic was born when **Banquet introduced its first frozen chicken potpie in 1953**. It baked in 35 minutes, so you could cook and eat in the time it took to watch *The Milton Berle Show*.

Perch a pie bird in the center of your crust to let steam escape during baking. Go basic *(R&M Pie Birds, $10 for 2, amazon.com)* or heirloom-worthy *(**MacKenzie-Childs' Piccadilly Pie Bird**, $70, neimanmarcus.com)*, or have a little fun—we found pie "bird" snowmen and elephants on eBay.

Chicken potpie is extra-festive when you serve it in individual ramekins. No need to fuss with a scratch crust, though—**bake off cut-out shapes of refrigerated pie dough** and top the ramekin before serving.



"Weird Al" Yankovic's rhyming parody of the hit "Live and Let Die" is an ode to chicken potpie, complete with clucking chorus. But you won't find it on a Yankovic album—Sir Paul McCartney, a vegetarian, denied permission.

Food trucks nationwide are tapping into the portable genius of savory pies. Houston's roving Oh my! Pocket Pies offers an old-school chicken potpie, and Whiffies Fried Pies in Portland, Oregon, serves classic and vegan versions.

At this year's **post-Oscars Governors Ball**, Sandra Bullock, Meryl Streep and Jeff Bridges dined on chicken potpie that was glammed up with black truffle shavings.

RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING BY SARA WACKSMAN; RACHAEL RAY, DAVID M. RUSSELL; BANQUET AD, COURTESY OF CONAGRA FOODS; "WEIRD AL" YANKOVIC, GETTY IMAGES; OH MY! POCKET PIES, SHANNON O'HARA; OSCAR, TODD WAWRYCHUK/©A.M.P.A.S.

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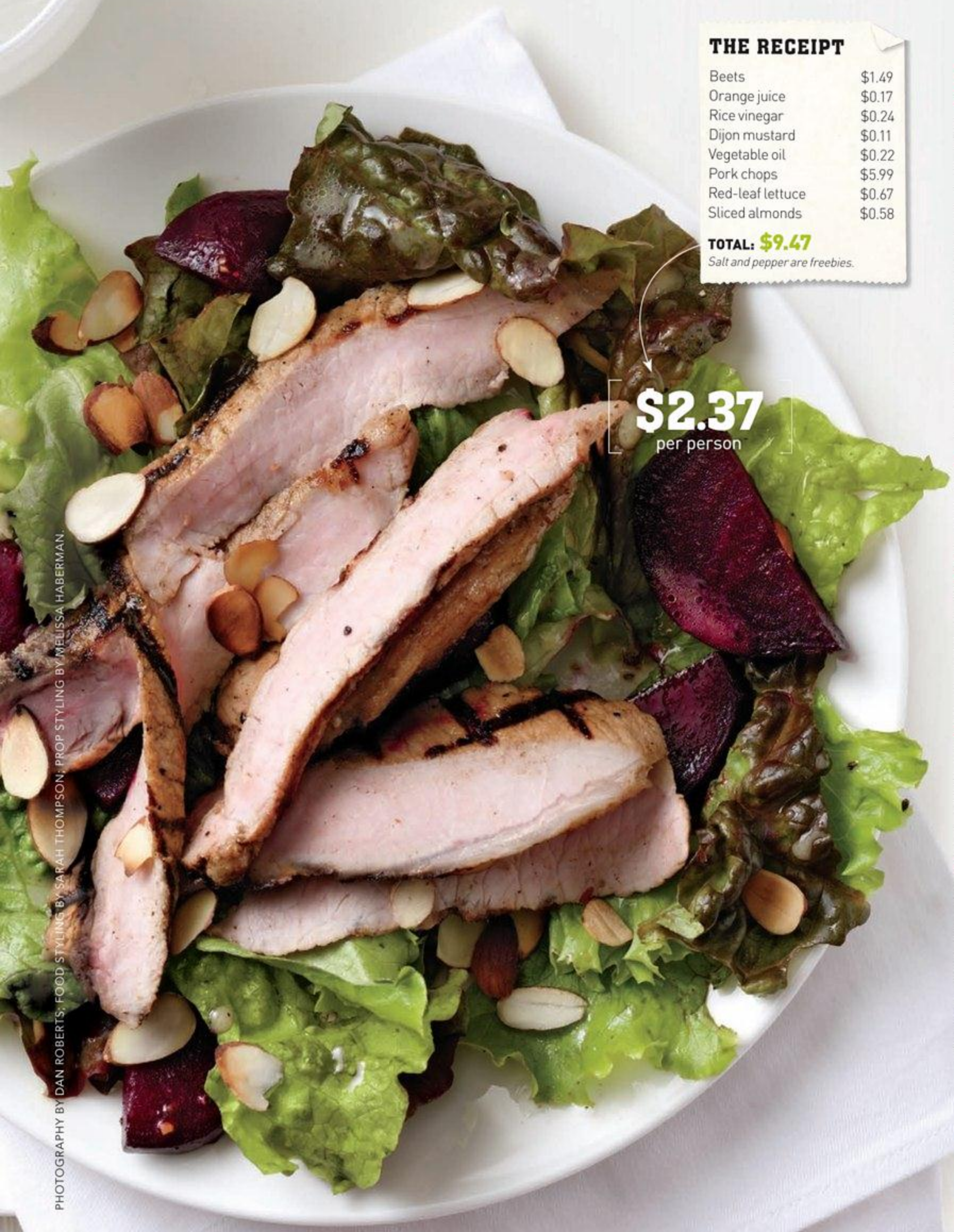
Dinners for 10 Bucks (or Less)

BY **STEFANIE MALONEY**



PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; PROP STYLING BY MELISSA HABERMAN.

THE RECEIPT

Beets	$1.49
Orange juice	$0.17
Rice vinegar	$0.24
Dijon mustard	$0.11
Vegetable oil	$0.22
Pork chops	$5.99
Red-leaf lettuce	$0.67
Sliced almonds	$0.58

TOTAL: $9.47

Salt and pepper are freebies.

$2.37
per person

Orange Pork and Roasted Beet Salad

SERVES 4

PREP 1 HOUR (PLUS MARINATING)

GRILL 10 MIN

1½ pounds medium beets, trimmed
5 tablespoons orange juice
2 tablespoons rice vinegar
1 tablespoon dijon mustard
6 tablespoons vegetable oil
Salt and pepper
2 bone-in pork chops (about 1½ pounds)
⅔ head red-leaf lettuce, torn
⅓ cup sliced almonds, toasted

1. Preheat the oven to 400°. Wrap the beets in foil and roast until fork-tender, about 45 minutes; let cool slightly. Using your fingers, peel the beets under running water.

2. Meanwhile, in a bowl, whisk together the orange juice, vinegar and mustard. Slowly whisk in the oil; season with salt and pepper. Place the pork chops and half of the orange vinaigrette in a resealable plastic bag and marinate for 1 hour.

3. Preheat a grill pan over medium-high heat. Add the pork chops and grill, turning once, until just cooked through, 8 to 10 minutes. Let rest slightly, remove the bones and thinly slice.

4. Meanwhile, halve the beets lengthwise, then slice crosswise ¼ inch thick. In a medium bowl, toss the beets with half of the remaining vinaigrette. In a large bowl, toss the lettuce with the remaining vinaigrette. Divide the lettuce among 4 plates and top with the pork and beets. Sprinkle with the almonds.

THE RECEIPT

Dried dates	$1.17
Breadcrumbs	$0.22
Ground beef	$3.98
Onions	$1.47
Bacon	$0.84
Egg	$0.11
Worcestershire sauce	$0.08
Balsamic vinegar	$0.04
Butter	$0.32

TOTAL: $8.23

Salt and pepper are freebies.

$2.06 per person

Mini Meatloaves Smothered with Onions

SERVES 4 **PREP** 15 MIN **BAKE** 45 MIN

- ½ cup pitted dried dates, chopped
- ½ cup breadcrumbs
- 1⅓ pounds ground beef
- 3 onions, 2 thinly sliced and 1 finely chopped
- 3 slices cooked bacon, chopped
- 1 egg, lightly beaten
- 1 tablespoon worcestershire sauce
- 1 tablespoon balsamic vinegar
- Salt and pepper
- 4 tablespoons butter, melted

1. Position racks in the top and bottom thirds of the oven and preheat to 375°. In a bowl, combine the dates and breadcrumbs, working the mixture through your fingers to separate. Mix in the beef. Mix in the chopped onion, bacon, egg, worcestershire and vinegar; season with salt and pepper. Divide into 4 mounds and, on a baking sheet, shape into loaves. Place on the upper rack and bake for 45 minutes.
2. Meanwhile, on another baking sheet, toss the sliced onions with the butter and season with salt; spread out evenly. Bake on the lower rack, stirring occasionally, until golden, about 30 minutes. Serve the meatloaves with the onions.

Q: What's my go-to option for a family on-the-go?

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Pasta with Squash, Brown Butter and Rosemary

SERVES 4 **PREP** 15 MIN **BAKE** 30 MIN

- One 3-pound butternut squash—peeled, seeded and cut into ½-inch cubes
- 1 onion, chopped
- 2½ tablespoons extra-virgin olive oil
- 1½ tablespoons chopped fresh rosemary
- Salt and pepper
- ⅔ pound lasagna noodles, broken into pieces
- 4 tablespoons butter
- 1 teaspoon fresh lemon juice
- ½ cup grated parmesan cheese
- 3 tablespoons pine nuts, toasted

1. Preheat the oven to 400°. In a large bowl, toss the squash, onion, olive oil and rosemary; season with salt and pepper. Place on a baking sheet and roast until the squash is tender, about 30 minutes.

2. Meanwhile, in a large pot of boiling, salted water, cook the pasta until al dente; drain and transfer to a large bowl.

3. In a small skillet, melt the butter over medium heat and cook, stirring occasionally, until golden, about 7 minutes. Stir in the lemon juice.

4. Add the roasted squash, brown butter and ⅓ cup parmesan to the pasta and toss; season with salt and pepper. Top with the pine nuts and remaining parmesan.

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Double Eggplant Pizza

SERVES 4 **PREP** 10 MIN **GRILL** 15 MIN

- 1 small eggplant (about ¾ pound), cut lengthwise ¼ inch thick
- 1½ tablespoons extra-virgin olive oil
- Salt and pepper
- ½ cup jarred caponata, chopped
- 1 cup shredded mozzarella cheese (about 4 ounces)
- 12 ounces frozen pizza dough, thawed

1. Preheat a grill to medium. Brush the eggplant with the olive oil and season with salt and pepper. Grill, turning once, until the eggplant is tender, about 6 minutes. Coarsely chop and transfer to a bowl. Toss with the caponata and mozzarella.

2. Divide the pizza dough into 2 pieces. Roll out the dough into two 7-by-10-inch rectangles. Place the dough directly onto a well-oiled grate, cover and grill until the dough begins to bubble and grill marks appear, about 3 minutes. Flip and top with the eggplant mixture, then cover and grill until the cheese is melted and the crust is golden, 3 to 4 minutes. Cut each pizza in half.

RECIPE BY JEAN GALTON.

Two new mouthwatering ideas. Still only $3 per serving.
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†Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins.

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Coconut-Crusted Chicken with Mango Salsa

SERVES 4 **PREP** 20 MIN **BAKE** 15 MIN

- ½ pound frozen mango, thawed and chopped (about 1½ cups)
- ½ cup chopped red bell pepper
- ⅓ cup chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- Salt and pepper
- 1 egg
- ½ cup shredded unsweetened coconut
- Four 6-ounce skinless, boneless chicken breasts
- 3 tablespoons vegetable oil

1. Preheat the oven to 350°. In a small bowl, combine the mango, bell pepper, onion, cilantro and vinegar; season with salt and pepper.

2. In a shallow bowl, beat the egg with 1 teaspoon water and ½ teaspoon salt. Place the coconut in another shallow bowl. Dip the chicken in the egg, then in the coconut. Press to coat.

3. In large, ovenproof skillet, heat the oil over medium-high heat. Add the chicken and cook, turning once, until golden, about 3 minutes. Transfer the skillet to the oven and bake until cooked through, about 12 minutes. Serve the chicken with the mango salsa.

tip frozen assets

Place the uncooked coconut-crusted chicken on a baking sheet and freeze until solid, then store in a resealable plastic bag. Thaw in the refrigerator and cook as directed.

PRINCESS THINKS HER STUFF DOESN'T STINK.

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Turkey Strudel

SERVES 4 **PREP** 35 MIN **BAKE** 25 MIN

- **7 tablespoons butter**
- **2 onions, finely chopped**
- **1 teaspoon ground cardamom**
- **1 teaspoon ground cinnamon**
- **1¼ pounds ground dark-meat turkey**
- **¼ cup plus 1 tablespoon pine nuts, toasted and finely chopped**
- **8 ounces baby spinach**
- **Salt and pepper**
- **1 egg, beaten**
- **9 sheets frozen phyllo dough, thawed**

1. Preheat the oven to 375°. In a large skillet, melt 3 tablespoons butter over medium-high heat. Add the onions, cardamom and cinnamon and cook, stirring, until the onions are softened, about 5 minutes. Add the turkey and cook, breaking up the meat, until no longer pink, about 5 minutes. Transfer to a bowl and stir in the pine nuts.

2. Return the skillet to high heat. Add the spinach and cook until wilted, about 2 minutes. Drain, squeezing out the excess liquid. Chop the spinach and add to the turkey mixture; season with salt and pepper. Stir in the egg.

3. In a microwave, melt the remaining 4 tablespoons butter. On a parchment-lined baking sheet, lay out a sheet of phyllo and brush with some melted butter. Place another sheet on top and brush with more butter. Repeat with the remaining phyllo and butter.

4. Mound the turkey mixture lengthwise into the center of the phyllo. Fold the short ends over the filling and brush with butter. Fold a long end over the filling, then roll up to enclose. Bake until golden, about 25 minutes. Let cool for 10 minutes. Halve the roll crosswise, then cut each half diagonally.

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Puerto Rican Bread Pudding

Rach's pal **Daisy Martinez** updates a sweet treat from her mother's childhood.

behind the recipe

Christina: What's the story behind this dessert?
Daisy: I was inspired by *guanimes*, one of my mother's favorite treats when she was a girl growing up in Puerto Rico. They're made with cornmeal, coconut milk and panela (Caribbean raw brown sugar), and steamed in banana leaves—like tamales. But they're labor-intensive, and I don't have the time, so I played with cornbread and coconut milk for a bread pudding that would have similar flavors.

C: Can you make this dish ahead of time?
D: Definitely. You can also cut the fat in this recipe by swapping evaporated skim milk for the regular stuff.

C: Do you have to use the dark rum?
D: No, it's just for extra flavor. Vanilla extract would be good, too. You could even add some orange essence.

C: Bread puddings are great for a crowd and so easy.
D: They are! My husband and I stayed at a bed-and-breakfast in California, and the chef was a French fellow. At teatime, he would serve different baked goods like brownies, cakes and cheesecakes. And the next day, he would turn anything left over into a bread pudding—so good! It was a trick he learned from his mother.

Every Day with Rachael Ray's Christina Stanley-Salerno (left) dishes with Daisy.

Coconut Cornbread Pudding

SERVES 6
PREP 20 MIN (PLUS STANDING)
BAKE 50 MIN

- ⅓ cup raisins
- 1½ tablespoons dark rum
- One 12-ounce store-bought cornbread loaf, cut into 1-inch cubes
- 3 eggs
- 1 cup coconut milk
- 1 cup evaporated milk
- 1 tablespoon melted butter
- ¼ cup sugar
- ½ teaspoon salt

1. Preheat the oven to 350°. In a small bowl, combine the raisins and rum; let stand for 10 minutes. Drain, reserving the liquid.
2. Spread the cornbread evenly on a baking sheet and toast in the oven for 10 minutes. Remove from the oven; lower the temperature to 325°.
3. In a large bowl, whisk together the eggs, coconut milk, evaporated milk, butter, reserved soaking liquid, sugar and salt. Stir in the raisins, fold in the cornbread and let stand for 10 minutes.
4. Transfer the cornbread mixture to a greased 8-inch square baking dish and bake until crusty and golden, about 50 minutes.

"For another tropical combo, swap a banana or pumpkin loaf for the cornbread." —DAISY

RECIPE PHOTO BY CHARLES MASTERS; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO. PORTRAIT BY STEPHEN SCOTT GROSS; PROP STYLING BY MEGHAN GUTHRIE; FASHION STYLING BY CATE SHEEHY; MAKEUP BY RUBY KOCI; HAIR BY VIOLETTE TONUZI.

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TREAT YOURSELF

These DIY classics let Halloween candy out of the bag.

BY **GALE GAND** | PHOTOGRAPHY BY **HANS GISSINGER**

FOOD STYLING BY VICTORIA GRANOF;
PROP STYLING BY JOCELYN BEAUDOIN.

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Peanut Butter Cups

MAKES 12

PREP 30 MIN (PLUS CHILLING) **COOK** 5 MIN

- **8 ounces milk chocolate, chopped**
- **4 tablespoons unsalted butter, at room temperature**
- **¾ cup natural peanut butter**
- **½ cup honey**

1. Place twelve 2½-inch baking liners on a baking sheet. In a double boiler, melt the chocolate. Reserve the pot of hot water to keep the chocolate liquid, as necessary.

2. Place about 2 teaspoons of the melted chocolate in a baking cup, swirling to coat about halfway up the side of the cup. Repeat with the remaining cups. Refrigerate until set.

3. Using an electric mixer, beat the butter until fluffy, about 2 minutes. Beat in the peanut butter and honey. Transfer the mixture to a resealable plastic bag and snip off one corner.

4. Fill the chocolate cups about three-quarters full with the peanut butter mixture, smoothing the surface. Refrigerate for 15 minutes.

5. Top each peanut butter cup with melted chocolate to enclose, smoothing the surface. Refrigerate until hardened. To serve, remove the candies from the baking liners.

ENCASING IN CHOCOLATE captures the contrasting texture and flavor of a filling—such as chocolate's best friend, peanut butter.

TIP Use baking liners to form a chocolate shell. Swirl or paint the liquefied chocolate up the walls. Once it sets, fill the shell, then top with more melted chocolate to seal the candy.

TRI-PLY STAINLESS STEEL SAUCEPAN AVAILABLE AT LECREUSET.COM; FLATWARE AVAILABLE AT FISHSEDDY.COM.

Chocolate-Covered Coconut Bars

MAKES 15
PREP 30 MIN (PLUS CHILLING AND STANDING)
COOK 3 MIN

- 2½ cups shredded sweetened coconut
- ¼ cup confectioners' sugar
- 2½ tablespoons unsalted butter, chilled and thinly sliced
- 1 tablespoon corn syrup
- 12 ounces bittersweet chocolate, coarsely chopped

1. Line a baking sheet with wax paper. Using an electric mixer, combine the coconut, confectioners' sugar, butter and corn syrup. On one of the prepared pans, divide the coconut mixture into 15 mounds and shape each into compact, 2-inch-long bars. Refrigerate until slightly firm, about 10 minutes.
2. Meanwhile, in a double boiler, melt three-quarters of the chocolate, stirring occasionally, until it reaches 110° on a candy thermometer, about 3 minutes. Remove the insert and stir the remaining chopped chocolate into the melted chocolate until smooth and cooled to 90°.
3. Working with 1 at a time, place the coconut bars on a fork, dip into the chocolate and dunk to coat. Transfer to a rack set over wax paper. Let sit until the chocolate is firm, about 30 minutes.

TEMPERING CHOCOLATE

gives a candy bar shine and a snap when you bite into it.

TIP Melt about three-quarters of your dark chocolate to 110°, remove from the heat, then briskly stir in the remaining solid chocolate until the mixture cools to 90°. (It's easier to temper chocolate when your kitchen is cool and not humid.)

Find more issues at magazinesdownload.com

Whole Fruit Gems

MAKES 24

PREP 30 MIN (PLUS STANDING) **COOK** 20 MIN

One 12-ounce bag frozen raspberries, thawed
2 tablespoons liquid fruit pectin, such as Sure-Jell
1½ cups plus 2 tablespoons sugar
¼ cup corn syrup
2 teaspoons fresh lemon juice

1. Grease a 5-by-9-inch loaf pan and line with heavy-duty plastic wrap. Using a food processor, puree the raspberries; strain. Discard the seeds.
2. In a small bowl, mix the fruit pectin with 2 tablespoons sugar.
3. In a medium saucepan, heat the raspberry puree over medium-high heat until simmering. Set a candy thermometer in the pan. Gradually whisk in the pectin mixture and bring to a boil, whisking. Add ½ cup sugar and, whisking constantly, return the mixture to a boil. Add another ½ cup sugar and, whisking constantly, return the mixture to a boil again. Add the corn syrup and boil until the mixture reaches 225°, about 10 minutes. Whisk in the lemon juice. Let cool slightly, then transfer to the prepared pan; let sit until firm, 12 hours or overnight.
4. Turn the jellied candy out of the pan and onto a cutting board. Trim off and discard the edges and cut the candy into 1-by-¾-inch rectangles. Place the remaining ½ cup sugar in a shallow bowl. Toss the jellied candy in the sugar to coat.

PECTIN is the natural thickener that puts the *boing!* into jellied candy.

TIP Cook pectin with sugar at a high temperature to activate its binding ability. Confections made from pectin will set without refrigeration and won't melt at room temperature.

Chewy-Centered Lollipops

MAKES 24

PREP 40 MIN (PLUS STANDING AND CHILLING)

COOK 10 MIN

- **6 ounces semisweet chocolate**
- **⅔ cup plus ¼ cup corn syrup**
- **1 tablespoon orange extract**
- **Ice water**
- **2 cups sugar**
- **3 tablespoons fresh lemon juice**
- **8 drops yellow food coloring**
- **4 drops red food coloring**

1. Line an 8-inch square cake pan with heavy-duty plastic wrap. In a microwavable bowl, melt the chocolate, stirring once, for about 45 seconds. Stir in ¼ cup corn syrup and 1 teaspoon orange extract; let cool slightly. Transfer to the prepared pan and let cool for 30 minutes. Refrigerate until very stiff, 1 hour.

2. Turn the mixture out of the pan and cut into 24 pieces. Roll each piece into a ball and insert a 4-inch lollipop stick. Stand the lollipop sticks in floral foam or Styrofoam and freeze the centers overnight.

3. Fill a medium stainless steel bowl one-third full with ice water. In a small saucepan, combine ⅔ cup warm water and the sugar and let sit until saturated. Add the remaining ⅔ cup corn syrup and the lemon juice. Using a rubber spatula, gently stir the mixture, leaving none of it on the side of the pan. Set a candy thermometer in the pan. Bring to a boil over high heat and cook, without stirring, until the mixture reaches 305°. Transfer the pot to the ice bath for 15 seconds to stop the candy from cooking. Using a wooden spoon, stir in the remaining 2 teaspoons orange extract and the yellow and red food coloring. Let cool until the mixture begins to thicken, about 3 minutes.

4. Transfer the chocolate centers to the refrigerator. Working with 1 at a time, dip the chocolate centers in the candy mixture. Remove and twirl the candy around the center to form a ball, making sure the candy coating reaches the lollipop stick to seal in the center. Refrigerate until hard.

CANDY THERMOMETERS

measure the temperature of boiling sugar on its way to becoming hard candy.

TIP Make sure the thermometer isn't touching the bottom of the pot or it won't give you an accurate reading.

8" COOL TOOL AVAILABLE AT LECREUSET.COM; CANDY THERMOMETER AND LOLLIPOP STICKS AVAILABLE AT WILTON.COM.

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Goin' Nuts Candy Bars

MAKES 20

PREP 20 MIN (PLUS STANDING) **COOK** 1 MIN

One 10-ounce package peanut butter chips, such as Reese's
½ cup corn syrup
2 tablespoons unsalted butter
1 pound roasted, salted peanuts, one-quarter coarsely chopped

1. Line a baking sheet with wax paper. In a microwavable bowl, melt the peanut butter chips, corn syrup and butter, stirring once, for 1 minute. Stir in the whole peanuts; let cool slightly.

2. On the prepared pan, divide the mixture into 20 mounds and shape each into a log. Place the chopped peanuts in a shallow bowl and roll the candy logs in the nuts to sparsely coat. Let sit to harden slightly.

GREEN GLASS BUTTER DISH AND SPREADER KNIFE AVAILABLE AT FISHSEDDY.COM.

COATING WITH NUTS gives semisoft, sticky candies a finished look and a firm, clean outer shell.

TIP Roll the candy with your fingers, touching the sticky sides as little as possible. (Try other "dry" coatings, such as toasted coconut, Rice Krispies or rainbow sprinkles.)

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The Holiday Rescue Crew

Snyder's of Hanover teams up with Rachael Ray style expert Gretta Monahan to show you how to share the best

Gretta's Colorful Party Ideas

Even if you're not a fashionista, color can bring it all together and personalize your party theme. This fabulous pink dress really spoke to me and was my inspiration. Use YOUR favorite outfit to inspire YOU!

Gretta's Fashionable Tips

- **Colorful coats:** Wait long enough and everything comes back in style, including retro-chic fondue. It encourages conversation and mingling—two musts for a successful dinner party! To match the colors of my dress, I made strawberry and vanilla fondue and served it up with Snyder's of Hanover Pretzel Rods for an untraditional take on this traditional party favorite.

- **S'mores with more:** I love this childhood treat with a grown-up twist. Use Snyder's of Hanover Snaps instead of graham crackers. The salty pretzels will enhance the sweet flavors and add a touch of sophistication. Stay true to your color theme with colored marshmallows. I used pink!

- **Cupcake accessories:** Keep the fun going and top some cupcakes with Snyder's of Hanover Dark Chocolate Pretzel Dips. It's one fashion that's always in style.

- **Crowning achievements:** Add a little sweet to your sip. Just prop a Snyder's of Hanover White Chocolate Pretzel Dip onto the rim of your glass, sort of like you would a lemon wedge or other garnish. And remember to make a signature drink to match your color inspiration.

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White Chunky Chocolates

MAKES 20

PREP 15 MIN (PLUS CHILLING) **COOK** 1 MIN

- **12 ounces white chocolate morsels**
- **½ cup raisins**
- **½ cup dried cranberries**
- **½ cup roasted, salted peanuts**
- **½ cup roasted, salted cashew pieces**

1. In a medium, microwavable bowl, melt the white chocolate, stirring once, for about 45 seconds. Stir in the raisins, dried cranberries, peanuts and cashews.
2. Spoon the mixture into 2 flexible ice cube trays, whacking the trays on the counter to remove any air pockets and to level out the mixture. Refrigerate until set, about 30 minutes. Flex the trays to remove the candies.

CANDY MOLDS make dozens of candies at once. Their uniform size means ingredients will cool at the same rate and candies will look identical when you pop them out.

TIP Try the handiest candy mold we know: the ice cube tray!

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Who Would You Bake Some Love for?

The last time my son had his best friend sleep over, they decided to bravely "camp out" in the living room. I waited until they set up camp, then surprised them with a batch of Toll House® cookies. They loved it! Now I make sure I have it in the fridge for every sleepover.

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TOLLHOUSE.COM

AMERICA'S FAVORITE
CHOCOLATE CHIP COOKIE

Nielsen. Based on 2009 Grocery Dollar Sales.

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Candy Buttons

MAKES 12 CANDY STRIPS

PREP 30 MIN (PLUS STANDING)

- **1½ cups confectioners' sugar**
- **1 egg white**
- **3 drops yellow food coloring**
- **3 drops blue food coloring**

1. Cut white paper into twelve 2-by-11-inch strips. Using an electric mixer, beat the confectioners' sugar and egg white until thick and smooth, about 5 minutes. Divide the icing into 2 small bowls. Stir the yellow food coloring into one batch and the blue food coloring into the other. Cover the blue icing with plastic wrap.

2. Arrange the paper strips side by side on a work surface. Scrape the yellow icing into a small, resealable plastic bag and snip off a tiny corner. Pipe out the icing onto the paper strips in dots, about ⅓ inch apart in even rows of 3. When about a quarter of the yellow icing remains, add approximately the same amount of blue icing to the bag, stirring with a toothpick. Continue to pipe green icing dots onto each paper strip. Transfer the blue icing to another small, resealable plastic bag and continue piping. Let the dots sit at room temperature until hardened, 12 hours or overnight.

PIPING with a pastry bag draws precise shapes with gooey ingredients.

TIP Piping is just like using a toothpaste tube, so the same rules apply: Squeeze from the end and keep the tip clean. (Save money and make your own pastry bag. Take a resealable plastic bag and snip off the tip of one corner.)

RED CERAMIC BOWL AVAILABLE AT FISHSEDDY.COM; POWER ADVANTAGE PLUS HAND MIXER AVAILABLE AT CUISINART.COM; RECIPE RIGHT COOKIE PAN AVAILABLE AT WILTON.COM.

web **Get more candy recipes** at rachaelraymag.com/october.

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spread a little tongue waggin’

Make your pasta more primo when you stir in ½ cup of Philly.

spread a little philly

spreadphilly.com

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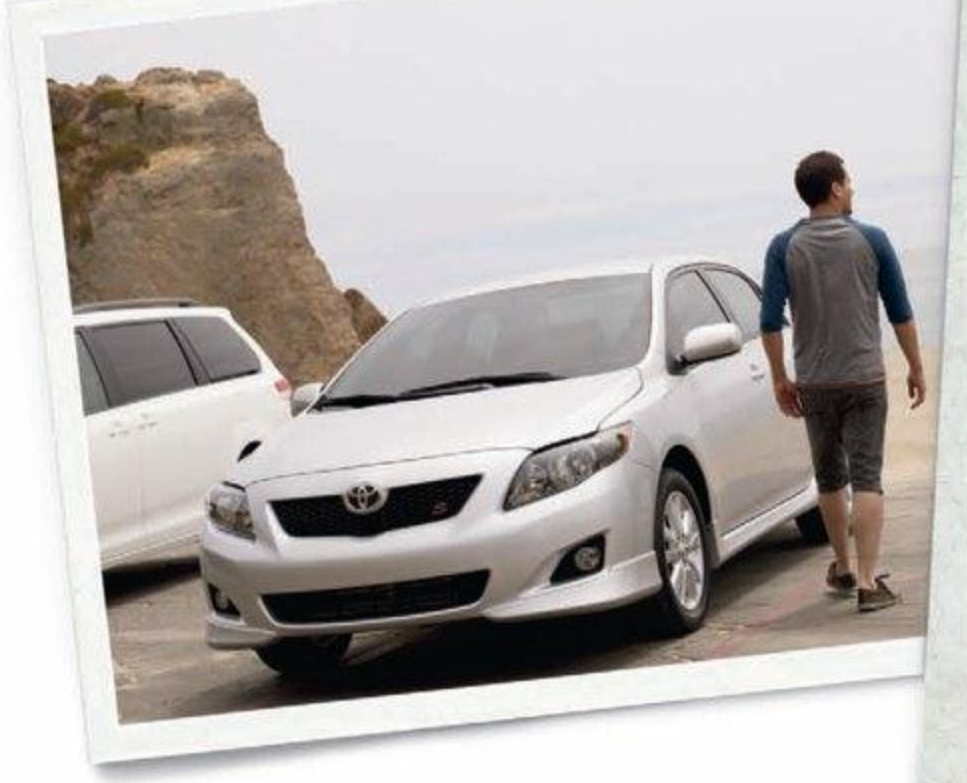
MPG = MY PERSONAL GOALS

WE DIDN'T HAVE A LOT OF MONEY GROWING UP. MY PARENTS CAME HERE FROM ECUADOR. THEY RAISED ME TO WORK HARD AND PROVIDE FOR MYSELF. MAKE MY OWN FATE. MY NEW COROLLA IS THE FIRST THING THAT I COULD SAY IS REALLY MINE. NOT USED. NOT A HAND-ME-DOWN. IT MAKES YOU FEEL GOOD. ANOTHER GOAL YOU'VE ACCOMPLISHED. IT JUST MAKES YOU FEEL LIKE YOU'RE DOING STUFF WITH YOUR LIFE. I'M FINALLY ON MY OWN.

SERGIO MONSERRATE
2010 COROLLA OWNER



Every Toyota has a story.
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Thanks for your story, Sergio!

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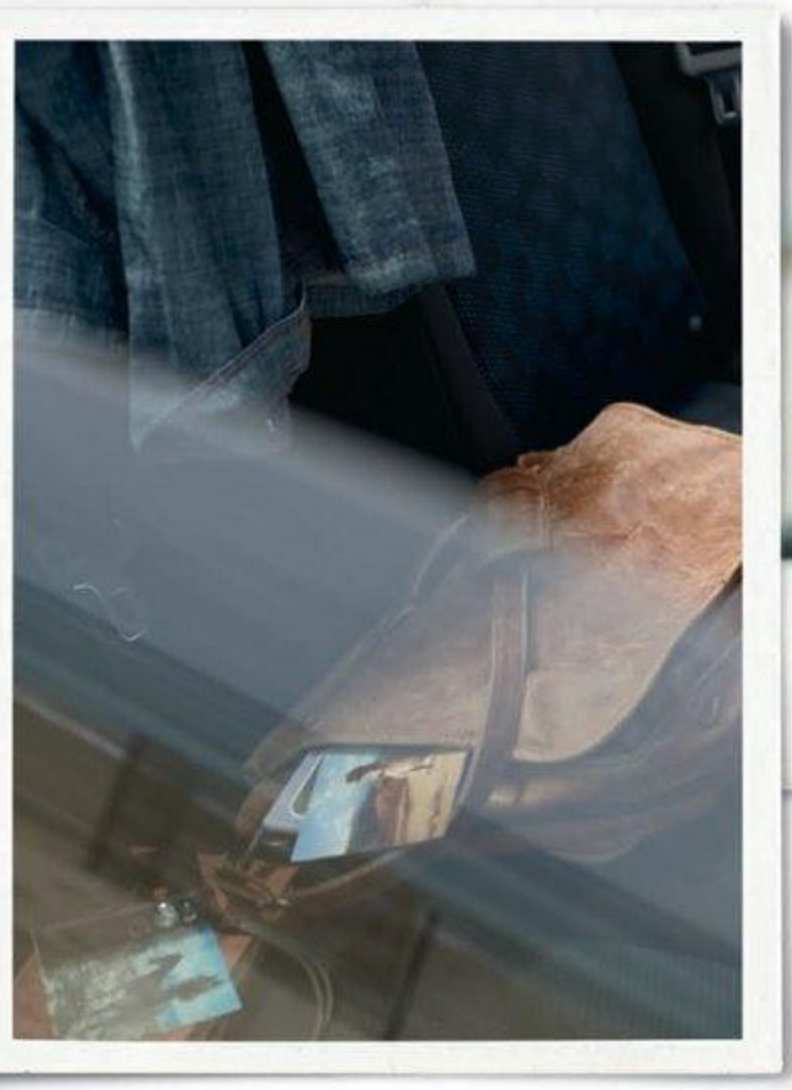

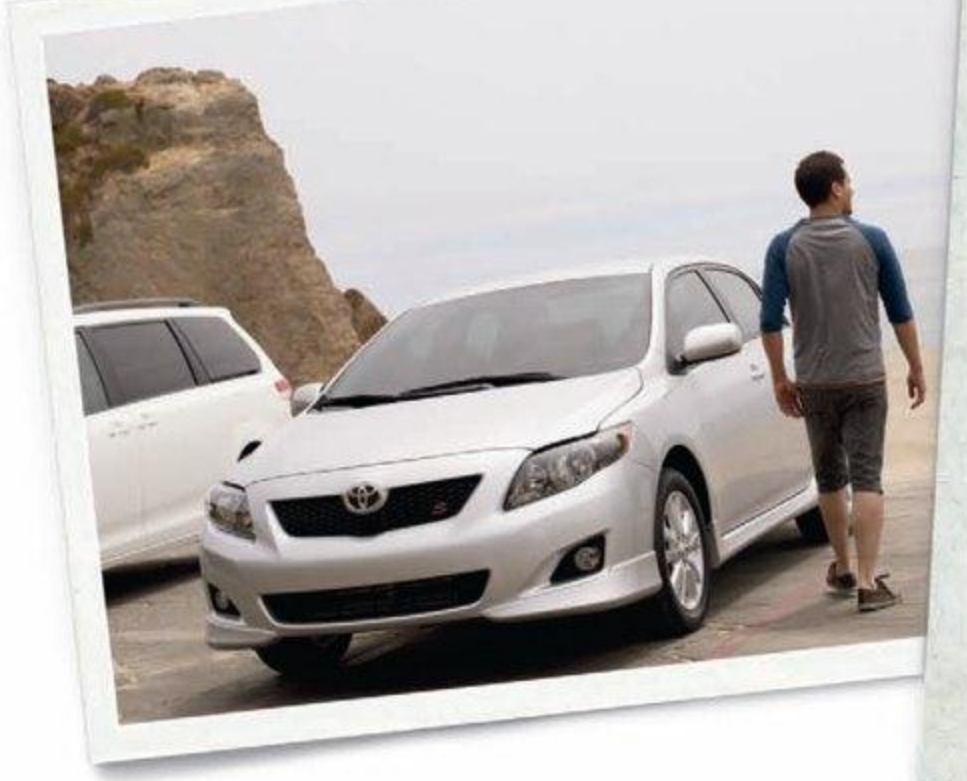

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30 MINUTE MEALS

Grilled Fish with Moroccan Chermoula Sauce and Zucchini Couscous

Drunken Pork Chops and Savory Green Rice with Fontina

Franks-and-Beans Stoup

Berber Burgers

Maple-Walnut Chicken Thighs and Cheddar-Apple Rice

Zucchini-and-Fennel Pasta

Ribbon Pasta with Tomato, Dill and Ricotta

Honey-Mustard Sesame Chicken Planks

Moroccan-Style Mini Meatballs in Tomato Sauce with Eggs and Flatbread

Niçoise-Style Pan Bagnats

My recent trip to Morocco inspired some of these dinners. I also threw in traditional chicken, franks and pasta! BY RACHAEL RAY

Grilled Fish with Moroccan Chermoula Sauce and Zucchini Couscous

SERVES 4

Four 7- to 8-ounce fish steaks, such as halibut or another firm whitefish
Old Bay Seasoning
¼ cup extra-virgin olive oil (EVOO), plus more for drizzling
1 fresh red chile, finely chopped
2 large cloves garlic, finely chopped
¼ cup each chopped fresh mint, cilantro and flat-leaf parsley
1½ teaspoons sweet smoked paprika (about ½ palmful)
1 teaspoon ground cumin (about ⅓ palmful)
1 teaspoon ground coriander (about ⅓ palmful)
Salt and pepper
Juice of 1 lemon or lime, plus 1 teaspoon grated peel
2 tablespoons butter
1 small zucchini, chopped
1½ cups chicken stock
1½ cups couscous

Preheat a grill or griddle pan over medium-high heat. Season the fish with the Old Bay and drizzle with EVOO.

Using a food processor, finely chop the chile, garlic, mint, cilantro, parsley, paprika, cumin and coriander; season with salt and pepper. Add ¼ cup olive oil and the lemon or lime juice and peel; pulse into a thick paste.

In a large saucepan, melt the butter. Add the zucchini and cook over medium-high heat for 5 minutes; season with salt and pepper. Add the chicken stock and bring to a boil. Stir in the couscous, cover and turn off the heat. Let stand for 5 minutes, then fluff with a fork.

Grill the fish, turning once, until firm, 6 to 8 minutes. Transfer to a platter, spread with the chermoula sauce and let stand for 5 minutes to absorb the flavors. Serve with the couscous.

Get Rachael's 30-Minute Meals and other quick, easy recipes at rachaelraymag.com/30.

FOOD PHOTOGRAPHY BY **MARCUS NILSSON** | PORTRAIT BY **JIM WRIGHT**

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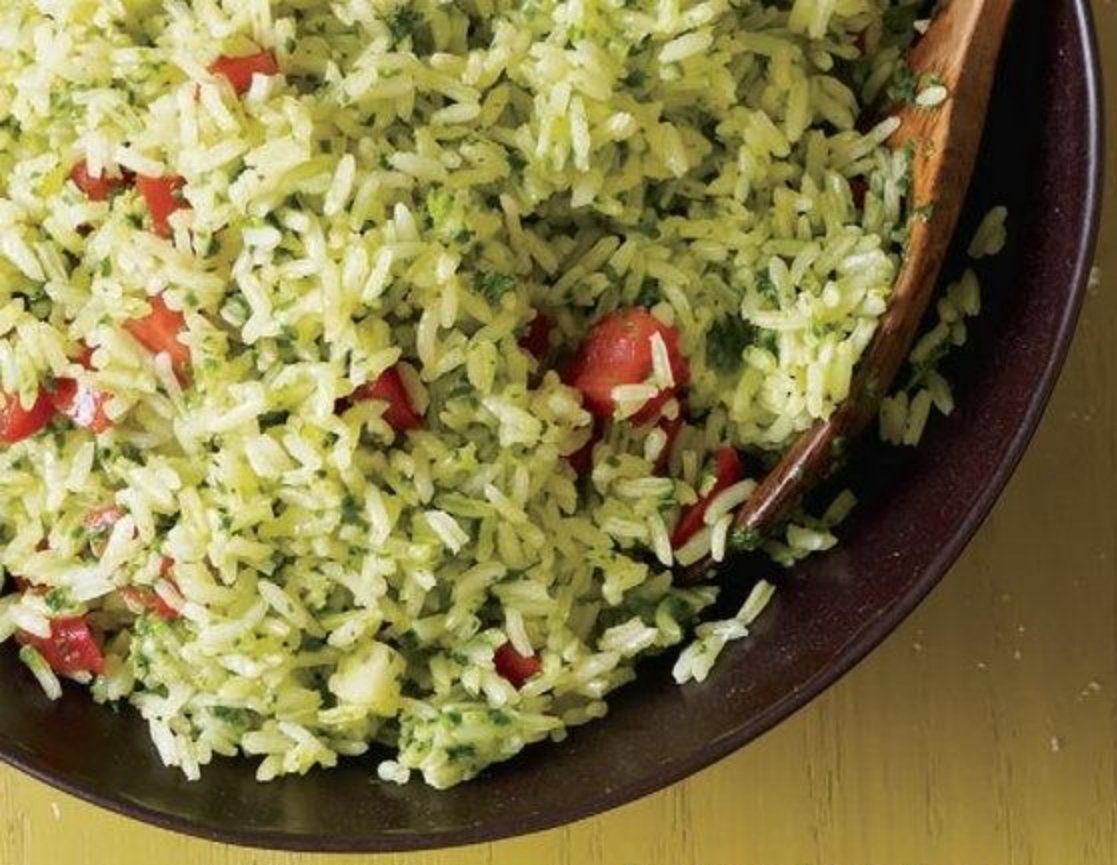

Drunken Pork Chops and Savory Green Rice with Fontina

SERVES 4 TO 6

- ½ cup dry red wine
- ½ cup extra-virgin olive oil (EVOO)
- 3 large cloves garlic, 2 thinly sliced and 1 finely chopped
- 3 sprigs rosemary, coarsely chopped
- 2 teaspoons anchovy paste
- 4 bone-in pork chops, no more than 1 inch thick
- Salt and pepper
- 1½ cups long-grain white rice
- 2 cups vegetable or chicken stock
- Juice of 1 lemon
- 1 cup baby spinach or arugula
- 1 cup flat-leaf parsley
- A few grates fresh nutmeg
- 1 plum or vine tomato, seeded and chopped
- ⅓ pound italian fontina cheese, such as fontina val d'aosta, or gruyère cheese, cut into small cubes

In a shallow dish, whisk the wine, ¼ cup EVOO, the sliced garlic, rosemary and anchovy paste. Season the chops with a little salt and lots of pepper and add to the marinade. Let sit, turning occasionally, for 10 minutes while you preheat a grill or griddle pan over medium-high heat. Grill the chops, turning once, for 8 to 10 minutes.

In a large saucepan, bring the rice, vegetable or chicken stock and ⅔ cup water to a boil. Lower the heat and simmer for 18 minutes.

Meanwhile, using a food processor, combine the lemon juice, finely chopped garlic and remaining ¼ cup EVOO. Add the spinach and parsley and process. Fluff the rice with a fork, season with the nutmeg and add to a serving bowl. Stir in the tomato and the spinach dressing; mix in the cheese. Serve with the chops.

30 MINUTE MEALS

Franks-and-Beans Stoup

SERVES 4

Extra-virgin olive oil (EVOO), for drizzling
6 pieces knockwurst, halved lengthwise, then crosswise
1 large onion, finely chopped
3 small ribs celery, chopped
1 carrot, peeled and chopped
1 large bay leaf
Salt and pepper
1½ teaspoons sweet paprika or sweet smoked paprika (about ½ palmful)
One 12-ounce bottle german beer
One 28- to 32-ounce can baked beans or barbecue baked beans
One 32-ounce container (4 cups) chicken stock
Spicy mustard (in a squeeze bottle), for garnish
1 large deli pickle, chopped
Pumpernickel bread and butter, to pass around the table

In a dutch oven, heat a drizzle of EVOO over medium-high heat. Add the knockwurst pieces in 2 batches and cook, turning once, until browned and crisped. Reserve the knocks on a plate. Add a drizzle more EVOO to the pan, then add all but ¼ cup onion, the celery, carrot and bay leaf; season with salt, pepper and the paprika. Cook until the vegetables are tender, about 10 minutes.

Add the beer and cook until reduced by half. Add the baked beans and chicken stock, bring to a bubble and slide the knockwurst back into the stoup to heat through. Serve in shallow bowls and top with a swirl of mustard, the reserved ¼ cup onion and the pickle. Serve with the bread and butter.

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Berber Burgers

SERVES 4

- 1 small eggplant
- 1 head garlic
- Extra-virgin olive oil (EVOO), for liberal drizzling
- Salt and pepper
- 1 sprig rosemary
- A handful fresh mint
- Juice of 1 small, ripe lemon
- 1½ pounds ground lamb
- 3 tablespoons finely chopped parsley
- 2 tablespoons finely chopped chives
- 2 teaspoons sweet smoked paprika for mild burgers, or 1 tablespoon harissa for spicy burgers
- 1½ teaspoons ground cumin
- 1½ teaspoons ground coriander
- 4 slices emmentaler cheese
- 4 mediterranean flatbreads, english muffins or brioche rolls, split
- Leaf lettuce, sliced ripe tomato and thinly sliced red onion, for topping

Preheat the oven to 450°. Poke the eggplant with the tip of a sharp knife in a few places and set on a rack-covered baking sheet; roast until tender, about 30 minutes. Finely chop 2 large cloves garlic and reserve. Cut the end of the remaining head of garlic to expose the cloves; drizzle with EVOO and season with salt and pepper. Finely chop the rosemary and press the garlic head into it to coat. Wrap the garlic head in foil and roast with the eggplant until soft and golden, about 35 minutes. Let the eggplant and garlic cool.

Squeeze the garlic into a food processor. Cut open the eggplant and scoop the flesh into the food processor; discard the skin. Puree the garlic and eggplant with the mint and lemon juice; season with salt and pepper.

Combine the lamb with the reserved garlic, the parsley, chives, paprika or harissa, cumin and coriander; season with salt and pepper. Form the mixture into 4 patties, making them slightly thinner at the center than at the edges. In a large nonstick or cast-iron skillet, cook the burgers in a drizzle of EVOO over medium-high heat, turning once, for 6 minutes for rare or 8 minutes for medium. Top with the cheese during the last minute of cooking.

Spread the eggplant puree on the top bread halves (reserve any leftover puree to have as a snack on charred bread). Layer the bottom bread halves with the lettuce, burgers, tomatoes and onions. Cover with the bread tops.

Maple-Walnut Chicken Thighs and Cheddar-Apple Rice

SERVES 4

- 1 cup walnut halves
- 2 tablespoons butter
- 1¼ cups long-grain white rice
- 2½ cups chicken stock
- 1 honeycrisp, gala or golden delicious apple—peeled, seeded and chopped
- ¾ cup packed flat-leaf parsley leaves
- ¼ cup packed fresh dill
- Salt and coarsely ground black pepper
- One 6-ounce brick sharp white cheddar cheese, cut into small, ¼-inch cubes
- 1 tablespoon extra-virgin olive oil (EVOO)
- 8 bone-in, skin-on chicken thighs
- ¼ cup apple cider vinegar
- ½ cup dark maple syrup

Preheat the oven to 325°. Spread the walnuts on a baking sheet and roast until well toasted and fragrant, 10 to 12 minutes.

In a large saucepan with a tight-fitting lid, melt the butter over medium heat. Add the rice and toast for a minute or two. Add 2 cups chicken stock and bring to a boil, then lower the heat, cover and simmer for 10 minutes. Add the apple and simmer for 8 minutes.

While the rice cooks, using a food processor, pulse ¼ cup chicken stock, the parsley, dill and ¼ teaspoon salt until finely chopped. Stir into the rice during the last minute of cooking. Turn off the heat and let the rice stand, covered, for 1 to 2 minutes before fluffing with a fork. Transfer to a serving dish and stir in the cheese.

Meanwhile, in a large skillet, heat the EVOO, 1 turn of the pan, over medium-high heat. Pat the chicken dry and season liberally with salt and black pepper. Add to the skillet and cook, turning once, until browned, about 10 minutes. Transfer the chicken to a platter. Drain off all but 1 tablespoon of the fat in the skillet and add the vinegar. Cook, scraping up the pan drippings, then add the remaining ¼ cup chicken stock, the maple syrup and black pepper to taste. Cook until thickened, about 1 minute. Add the chicken and walnuts and spoon with the sauce. Loosely cover the pan with foil and simmer for 5 minutes. Serve the chicken, sauce and nuts with the rice alongside.

In Morocco I had a lamb burger called a Berber burger. Here's my take on this spicy patty. Look for small, round, thin rolls called "mediterranean flatbreads" in the packaged bread section of your market. Or substitute english muffins or eggy brioche rolls.

Berber Burgers

Maple-Walnut Chicken Thighs and Cheddar-Apple Rice

30 MINUTE MEALS

Zucchini-and-Fennel Pasta

SERVES 4

This dish is based on my filling and flavoring for zucchini flowers. I stuff them with anchovies and ricotta, then coat them in breadcrumbs mixed with fennel pollen and pecorino-romano. Fennel pollen is a spice harvested from the flowers on a fennel plant—its flavor is like an intensely sweet version of fennel seed (you can order it from kalustyans.com).

Salt
1 pound curly-edged, long-cut pasta, such as long fusilli or mafalde
About ¼ cup extra-virgin olive oil (EVOO)
4 anchovy fillets
1 small bulb fennel—a handful of feathery fronds reserved and the bulb trimmed, quartered, cored and very thinly sliced crosswise
1 pound small, firm zucchini, halved lengthwise and thinly sliced on an angle crosswise
1 red chile, thinly sliced
4 cloves garlic, thinly sliced
1 tablespoon fennel pollen or fennel seeds
Juice of 1 lemon, plus 1 teaspoon grated peel
½ cup fresh basil leaves, shredded or torn
Freshly grated pecorino-romano cheese
⅓ pound ricotta salata cheese, crumbled

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain, reserving a ladleful of the pasta cooking water.

While the pasta is working, in a large skillet, heat the EVOO, 4 turns of the pan, over medium heat. Add the anchovies to melt into the oil completely, 2 to 3 minutes. Add the fennel bulb, zucchini, chile, garlic, fennel pollen or seeds and lemon peel; cook until crisp-tender, 5 to 6 minutes. Stir in the lemon juice and the reserved pasta cooking water. Add the pasta and toss to combine; mix in the basil.

Serve the pasta in shallow bowls. Top with lots of fennel fronds, the pecorino-romano and ricotta salata.

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Ribbon Pasta with Tomato, Dill and Ricotta

SERVES 4

Salt and pepper
- **1 pound egg tagliatelle, fettuccine or pappardelle pasta**
- **3 tablespoons extra-virgin olive oil (EVOO)**
- **1 clove garlic, crushed**
- **2 pints cherry tomatoes, halved**
- **¼ cup finely chopped fresh dill**
- **4 cups loosely packed baby arugula leaves**
- **¾ cup fresh ricotta cheese**

Bring a large pot of water to a boil, salt it, add the pasta and cook until al dente. Drain and return to the pot, reserving ¾ cup of the pasta cooking water.

While the pasta is working, in a large skillet, heat the EVOO, 3 turns of the pan, and the garlic over medium-high heat, swirling the garlic in the oil, for 2 minutes; discard the garlic. Add the tomatoes and season with salt and pepper; cook for 4 minutes, then add the dill and reserved pasta cooking water.

Add the tomatoes and arugula to the pasta; season with salt and pepper. Serve the pasta in large, shallow bowls and dollop with the ricotta for mixing in while you eat.

30 MINUTE MEALS

Honey-Mustard Sesame Chicken Planks

SERVES 4

- ½ cup yellow or dijon mustard
- ½ cup honey
- About 3 tablespoons finely chopped fresh chives
- 1 tablespoon hot sauce
- 2 eggs
- 1½ pounds chicken breast tenders
- Salt and pepper
- ½ cup slivered, sliced or blanched whole almonds
- 1 cup panko or plain breadcrumbs
- ¼ cup sesame seeds
- Vegetable oil, for frying
- Salted red radishes, celery sticks and pickle spears, for serving

Position a rack in the middle of the oven and preheat to 275°. Place a baking sheet in the oven.

In a bowl, combine the mustard, honey, chives and hot sauce. Separate out half of the sauce and reserve. Beat the eggs into the remaining sauce. Coat the chicken tenders with the egg sauce and season with salt and pepper.

Using a food processor, grind the nuts. Combine with the panko and sesame seeds.

In a large skillet, heat a layer of oil over medium-high heat. Coat the tenders in the nut-breadcrumb mixture and fry, turning, in 2 batches until deep golden. Transfer to the hot baking sheet in the oven.

Serve the tenders with a drizzle of the remaining honey-mustard sauce, or divide the sauce into small bowls for dipping. Serve with the radishes, celery sticks and pickle spears.

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Moroccan-Style Mini Meatballs in Tomato Sauce with Eggs and Flatbread

SERVES 4

John tried this dish in Marrakech and fell in love. He ate 40 mini meatballs all on his own! Here's our at-home version: The eggs atop each serving of meatballs are cooked to semisoft for mixing into the sauce, giving it a buttery consistency. If you're not a fan of soft-cooked eggs, try the meatballs simply in their tomato sauce.

2 pounds ground lamb
Salt and pepper
½ cup very finely chopped flat-leaf parsley
6 cloves garlic, very finely chopped
1 tablespoon grated lemon peel
1 tablespoon chili powder (about a palmful)
1 tablespoon sweet paprika (about a palmful)
1 tablespoon ground cumin (about a palmful)
1 tablespoon extra-virgin olive oil (EVOO), plus more for drizzling
1 onion, very finely chopped
1 cup chicken stock
One 28-ounce can fire-roasted diced or crushed tomatoes
A pinch ground cloves
A pinch ground cinnamon
4 eggs (optional)
Warm flatbreads, for dunking

Preheat the oven to 400°. Line a baking sheet with parchment. Combine the lamb with liberal amounts of salt and pepper, the parsley, two-thirds of the garlic, the lemon peel, chili powder, paprika and cumin to form 1¼-inch meatballs (makes about 65). Drizzle with EVOO and roast on the prepared baking sheet until browned, about 10 minutes.

Meanwhile, in a skillet with high sides or a dutch oven, heat 1 tablespoon EVOO, 1 turn of the pan, over medium-high heat. Add the onion and remaining garlic and cook until softened, 5 to 6 minutes; season with salt and pepper. Add the chicken stock and tomatoes and bring to a boil; season with the cloves and cinnamon. Cook until thickened, about 10 minutes. Slide in the meatballs and simmer for 5 minutes.

Immediately pour the sauce and meatballs into bowls and crack in the eggs, if using. Cover tightly with a plate and let stand for 3 minutes to cook the eggs. Serve with the flatbreads.

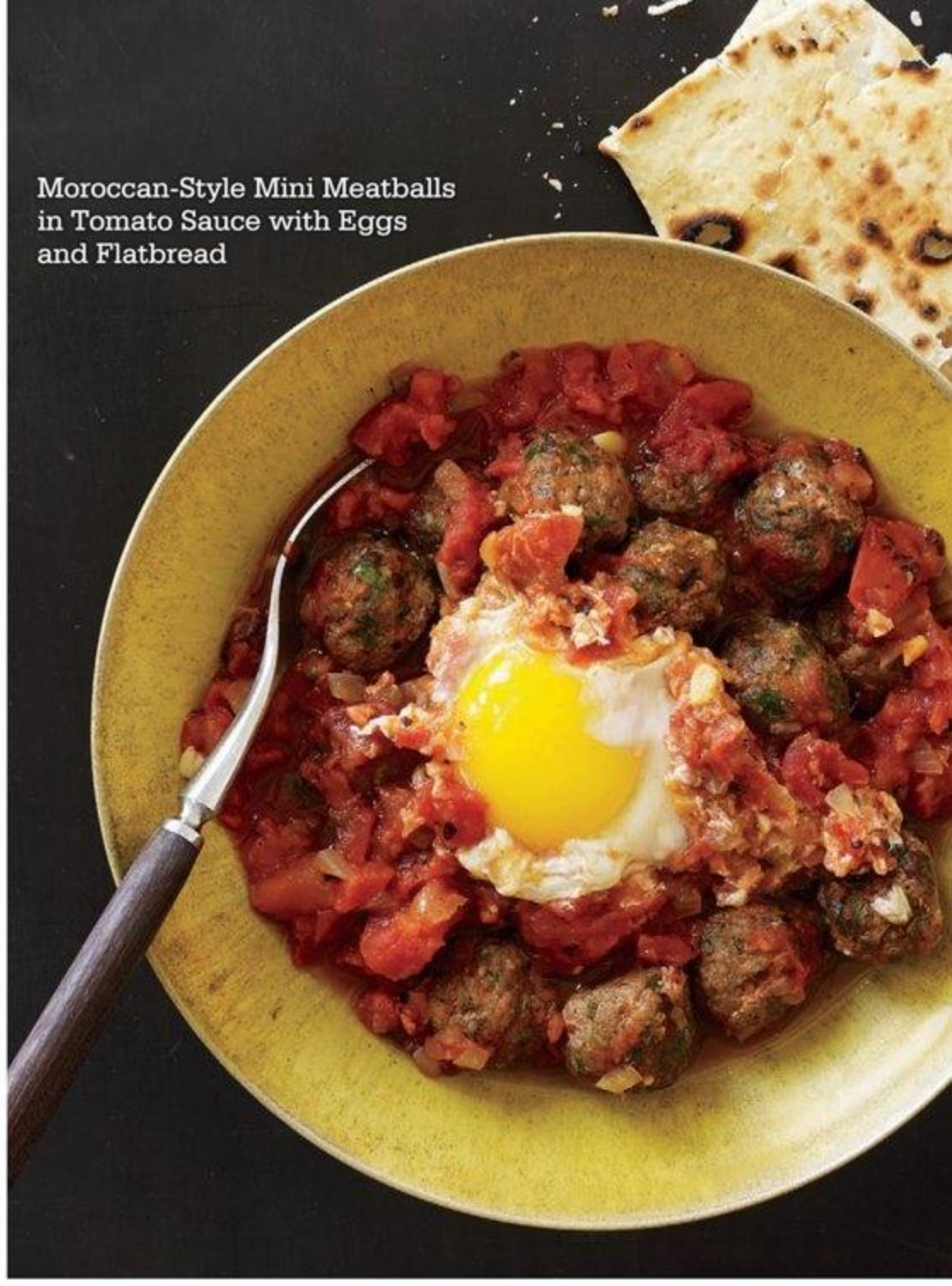
Niçoise-Style Pan Bagnats

SERVES 4

Juice of 2 ripe lemons
1 shallot, peeled and grated
1 tablespoon dijon mustard
1 teaspoon dried herbes de provence or thyme (about ⅓ palmful)
⅓ to ½ cup extra-virgin olive oil (EVOO)
Salt and pepper
2 small red-skinned potatoes, chopped into ¼-inch pieces
¼ pound thin green beans (about a handful), trimmed and cut into thirds
½ small red bell pepper, halved lengthwise and thinly sliced
About ¼ cup niçoise olives, pitted and chopped
1 small head bibb lettuce, torn
2 ripe plum tomatoes, seeded and chopped
2 ribs celery, finely chopped
½ small red onion, very thinly sliced and chopped
Two 6-ounce cans imported tuna, drained and flaked
2 hard-boiled eggs, peeled and chopped
4 sprigs tarragon, leaves stripped and chopped
2 baguettes, halved and split to make four 8- to 10-inch-long sections

In a large salad bowl, whisk together the lemon juice, shallot, mustard and dried herbs. Whisk in the EVOO to combine.

Bring 2 inches of water to a boil in a small, high-sided skillet or saucepan. Salt the water, add the potatoes and green beans and cook for 4 minutes; add the bell pepper during the last minute of cooking. Using a slotted spoon, transfer the vegetables to a colander and rinse with cold water to stop the cooking; drain. Add the cooked vegetables to the salad bowl, along with the olives, lettuce, tomatoes, celery and onion. Add the tuna, eggs and tarragon and toss the salad to coat evenly with the dressing; season with pepper. To serve, pack the salad into the baguettes.



Moroccan-Style Mini Meatballs in Tomato Sauce with Eggs and Flatbread

Niçoise-Style Pan Bagnats

take 5

SPECIAL EDITION

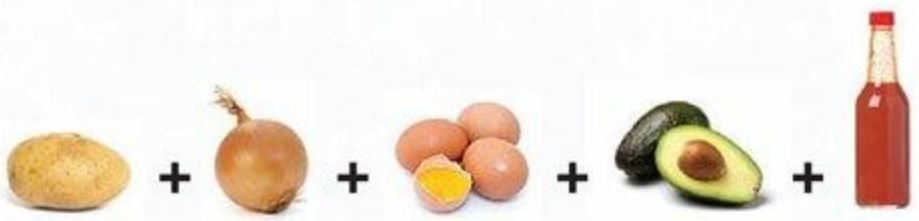
Breakfast
Lunch
Dinner
Dessert

Who doesn't love a five-ingredient recipe? Our monthly Take 5 reader contest (see this month's winner on page 23) is so popular that now our test kitchen is returning the favor. Here are 16 recipes that'll feed a family of four at every meal of the day.

RECIPES BY **TRACEY SEAMAN** | PHOTOGRAPHY BY **ROMULO YANES**

Extra-virgin olive oil, salt and pepper are freebies.

/ breakfast /



Place 1¼ pounds shredded **baking potatoes** in a kitchen towel and squeeze to remove any moisture. Transfer to a bowl and stir in 1 grated **onion**, 1 tablespoon extra-virgin olive oil, ¾ teaspoon salt and ¼ teaspoon pepper. In a large nonstick skillet, heat 2 tablespoons extra-virgin olive oil over medium heat. Divide the potato mixture into 4 mounds in the skillet and pat into 4-inch pancakes. Cover with a sheet of foil and cook, turning once and adding 1 more tablespoon extra-virgin olive oil, until browned, about 15 minutes. Transfer to a platter. In the same skillet, cook 4 **eggs** sunny-side up with 1 tablespoon extra-virgin olive oil for about 1 minute. Mash the flesh from 2 **avocados** and season with salt. Top each pancake with some avocado, an egg and **chipotle-flavored hot sauce**.

potato pancakes with avocado mash and eggs

FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY DEBORAH WILLIAMS. INGREDIENTS, ISTOCKPHOTO.COM.

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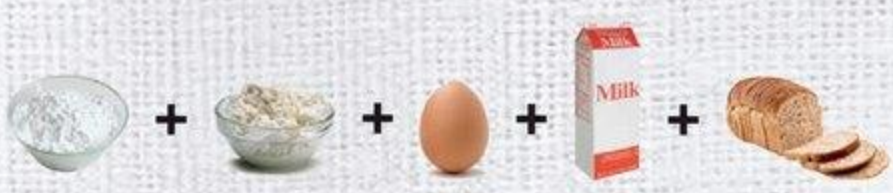
peaches-and-cream barley

In a medium saucepan, bring 1 cup (6 ounces) **pearled barley** and 3¼ cups water to a boil. Lower the heat and simmer until al dente, about 30 minutes; drain and return to the pot. Add 15 ounces **canned peaches**, thinly sliced, ¼ cup **half-and-half**, 2 tablespoons **brown sugar**, 1 tablespoon **butter** and a couple pinches salt. Cook, stirring occasionally, until heated through. Ladle into 4 bowls and drizzle each portion with about ½ tablespoon more half-and-half.

crispy mediterranean breakfast wraps

In a large nonstick skillet, bring 2 cups water to a boil over medium-high heat. Add two 6-ounce bags **spinach** and cook until wilted, about 3 minutes. Drain in a colander, pressing to extract any liquid. In a medium bowl, beat together 8 **eggs**, 2 tablespoons water and a pinch each salt and pepper. In the same skillet, over medium heat, add 1 tablespoon extra-virgin olive oil. Add the eggs and scramble until just cooked, about 4 minutes. Divide among 4 large **tortillas** and top each mound with one-quarter of the spinach, ¼ cup **feta cheese** and 2 tablespoons **jarred caponata spread**; roll up burrito-style. Wipe out the skillet and heat 2 tablespoons extra-virgin olive oil over medium heat; add the wraps and cook, turning once, until golden and crisp. Cut in half to serve.



Sift ¼ cup **confectioners' sugar** into a small bowl, then stir in 1 cup **ricotta cheese**. In a medium bowl, beat together 2 **eggs** and ½ cup **milk**. Trim the crusts off 12 slices **sandwich bread** and, using a rolling pin, roll out the bread to flatten. Add 1 tablespoon of the sweetened ricotta to each slice, fold over and pinch the edges together. (The edges will seal during cooking.) In a large skillet, heat 2 tablespoons extra-virgin olive oil over medium heat. Working in 3 batches, dip the stuffed bread slices in the egg mixture and transfer to the skillet. Cook, turning once, until puffed and golden, about 3 minutes. Dust with more confectioners' sugar before serving.

cannoli french toast

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zucchini-onion pizza

Position an inverted baking sheet in the lower third of the oven and preheat to 450°. Toss 2 pounds grated **zucchini** with ¾ teaspoon salt in a colander. Let stand for 20 minutes, then squeeze dry. In a large skillet, cook the zucchini and 1 finely chopped **onion** in 1 tablespoon extra-virgin olive oil until softened, about 7 minutes; transfer to a large bowl, season with pepper and freeze for 15 minutes. Stir in ½ cup each grated **parmigiano-reggiano cheese** and grated **asiago cheese**. Divide 1 pound **prepared pizza dough** in half. On a parchment-lined rimless or inverted baking sheet, stretch out 1 piece of dough to a 12-inch round; brush with 1 tablespoon extra-virgin olive oil. Sprinkle half of the zucchini mixture on top, leaving a ½-inch border, and slide onto the hot baking sheet. Bake until golden-brown, 12 to 15 minutes. Repeat with the remaining ingredients to make a second pizza.

/ lunch /

creamy chicken enchilada soup

In a large pot, combine 4 **chicken legs** and enough water to cover; bring to a boil, lower the heat, cover and simmer until just cooked through, about 30 minutes. Strain the broth into a medium bowl; shred the meat and discard the skin and bones. Return the meat and broth to the pot along with 3 cups crushed **tortilla chips** and ½ cup **jarred salsa verde**. Bring to a simmer and cook, stirring, until thickened, about 5 minutes. Stir in ½ cup shredded **cheddar cheese** and season with salt. Divide among 4 bowls, sprinkle with more cheese and top with more salsa verde, pepper and **sour cream**.

CHICKEN LEG, GETTY IMAGES; SALSA VERDE, ALAMY; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM

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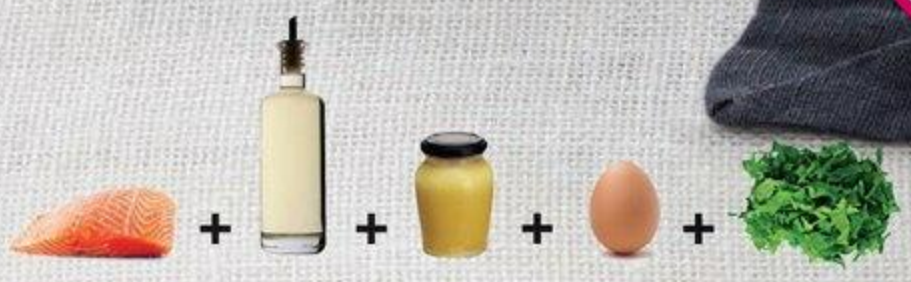
baked stuffed artichokes

Fill a large pot halfway with salted water and bring to a boil. Add 6 trimmed **artichokes** with a few strips **lemon** peel; cover, lower the heat and simmer until the artichoke bottoms are fork-tender, about 35 minutes. Transfer stem side up to paper towels to drain and cool. In a medium skillet, cook 4 crushed cloves **garlic** in ¼ cup extra-virgin olive oil over medium-low heat until golden, about 3 minutes; discard the garlic. Stir in 1½ cups **italian-seasoned breadcrumbs** and cook until toasted. Remove from the heat, let cool, then stir in 1½ cups shredded **gruyère cheese**; season with salt and pepper. Arrange the artichokes on a parchment-lined baking sheet and splay the leaves, sprinkling the breadcrumb mixture between the layers. Drizzle 3 tablespoons extra-virgin olive oil on top and bake in a 400° oven for 15 minutes; serve with lemon wedges.

roast salmon with mustard vinaigrette



Preheat the oven to 400°. Place a 1½-pound **wild salmon fillet** skin side down on a parchment-lined shallow baking sheet; drizzle with 1 tablespoon extra-virgin olive oil and season with salt and pepper. Roast until beads of moisture form on the surface, about 8 minutes; let cool to room temperature. In a small bowl, whisk together 3 tablespoons **white wine vinegar** and 2 teaspoons **dijon mustard**, then whisk in ½ cup extra-virgin olive oil. Force 4 hard-boiled **eggs** through a fine sieve into the mustard vinaigrette; stir in 3 tablespoons finely chopped **parsley**. Serve with the salmon.

BREADCRUMBS AND GRUYÈRE, GETTY IMAGES; WHITE WINE VINEGAR AND DIJON MUSTARD, STOCKFOOD.COM; PARSLEY, ALAMY; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM.

eggplant, tomato and chickpea stew

Peel 2 small **eggplants**, cut them into ½-inch cubes and toss in a colander with 1 teaspoon salt; let stand for 20 minutes, then pat dry. In a small saucepan, bring 1½ cups each rinsed **brown rice** and water to a boil; lower the heat, cover and simmer until the water is absorbed, about 25 minutes. Let stand, covered, for 10 minutes; fluff with a fork. In a large dutch oven, heat 2 tablespoons extra-virgin olive oil over medium heat. Add the eggplant and 1 chopped **onion** and cook, stirring, until softened, about 8 minutes. Stir in 1½ cups **prepared tomato sauce**, 15 ounces drained **canned chickpeas** and ½ cup water; simmer until the eggplant is tender, about 12 minutes. Season with pepper. Serve over the rice.

slow-roasted pork with cabbage, carrots and caraway

Preheat the oven to 325°. In a large dutch oven, heat 1 tablespoon extra-virgin olive oil over medium heat. Pat dry one 3½-pound **boneless pork shoulder** and season with salt and pepper; add to the pot and cook, turning occasionally, until browned, about 12 minutes. Cover and roast in the oven until fork-tender, about 3 hours. Transfer to a cutting board and let rest for 10 minutes before shredding the pork. Pour off and discard the fat from the pot. Add 1 cored and thinly sliced head **cabbage** and 4 thinly sliced **carrots**. Cover and cook over medium-high heat, stirring occasionally, until the cabbage is wilted, 8 to 10 minutes. Season with salt and pepper and serve with the pork. Sprinkle 2 teaspoons **caraway seeds** on the vegetables; serve with **grainy mustard**.

PORK, CABBAGE AND MUSTARD, GETTY IMAGES; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM.

/ dinner /

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chicken in a pot with garlic

Preheat the oven to 325°. In a large dutch oven, heat 1 tablespoon extra-virgin olive oil over medium heat. Add one 4½-pound **chicken**, breast side down, and cook until golden, about 5 minutes. Turn, then squeeze 2 halved **lemons** over the bird before stuffing into the cavity; drizzle 1 tablespoon extra-virgin olive oil on top and season with salt and pepper. Cover and roast for 30 minutes. Scatter 35 unpeeled cloves **garlic** and 4 chopped sprigs **rosemary** around the chicken, cover and roast for 30 minutes more. Uncover the pot, increase the oven temperature to 375° and roast until the juices run clear when the chicken is pierced with a knife, about 25 minutes. Transfer the chicken to a platter; using a slotted spoon, transfer the garlic to the platter as well. Dip 4 slices **crusty bread** into the pan juices, then toast until crisp. Serve with the chicken and roasted garlic.

In a large pot of boiling, salted water, cook 1 pound **fettuccine pasta** until al dente, about 8 minutes. Drain in a colander, reserving 1 cup of the pasta cooking water. Using the same pot, melt 4 tablespoons **butter** over medium heat. Add 1½ cups **heavy cream** and ½ cup of the reserved pasta water and bring to a simmer. Add the fettuccine and 1¼ cups finely grated **parmigiano-reggiano cheese** (about 5 ounces) and toss. Season with salt and pepper and add more pasta water to make a looser sauce, if desired. Top with chopped **flat-leaf parsley** and serve with more cheese.

fettuccine alfredo

PARSLEY, ALAMY; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM.

In a large, heatproof bowl, whisk together 4 **egg** yolks, 3 tablespoons **sugar** and ½ cup **dry marsala wine**. Place the bowl over a pot of simmering water and whisk continuously until hot and thick, about 8 minutes (do not boil the custard). Remove from the heat and immediately set the bowl into a larger bowl of ice water; whisk the custard for 2 minutes, then refrigerate until cold, about 30 minutes. In a chilled bowl, whisk 1 cup **heavy cream** with 1½ tablespoons sugar until stiff. Using a whisk, fold half of the cooled custard into the whipped cream, then fold in the rest. Layer in parfait cups with **fresh berries**.

berries 'n' custard parfaits

Position racks in the upper and lower thirds of the oven and preheat to 375°. In a small saucepan, bring ⅔ cup **sugar**, 3 tablespoons cold water, 1 tablespoon **corn syrup** and ¼ teaspoon salt to a boil over medium-high heat, stirring to dissolve the sugar. In a medium bowl, combine the syrup with one 14-ounce bag **sweetened shredded coconut** and let cool. In a separate bowl, whisk together 2 **egg** whites and 1 teaspoon **pure vanilla extract** until foamy and thick; stir into the coconut mixture. Drop tablespoonfuls of the mixture 2 inches apart onto each of 2 parchment-lined baking sheets. Bake until golden, switching the pans halfway through, about 15 minutes; let cool completely on racks.

coconut macaroons

MARSALA WINE, ALAMY; COCONUT, GETTY IMAGES; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM.

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apple tarte tatin

In a 9-inch cast-iron skillet, melt 4 tablespoons **butter** over medium heat. Sprinkle ½ cup **sugar** evenly into the pan. Arrange 10 peeled, cored and halved **gala apples** in the pan. Increase the heat slightly, so the sugar simmers, and cook until the liquid in the pan is caramelized, 25 to 30 minutes. Transfer to a 425° oven and bake until the apples are tender, about 15 minutes. Unfold 1 sheet of **puff pastry** on a lightly floured surface. Place a plate on top and trim around the edges to make a pastry round; refrigerate until the apples are done. Position the pastry over the apples and bake until deep golden and crisp, 15 to 20 minutes; let cool for 20 minutes before inverting onto a rimmed platter. Whip 1 cup **heavy cream** and 1 teaspoon sugar until soft peaks form; serve with the tart.

chocolate-almond soufflé cake

Position a rack in the lower third of the oven and preheat to 325°. **Butter** a 9-inch springform pan and line the bottom with parchment, then butter the parchment; add ¼ cup **almond flour** and tilt the pan to coat all sides. In a double boiler, melt 1½ sticks (6 ounces) butter and 9 ounces chopped **bittersweet chocolate** over simmering water, stirring; remove from the heat. Whisk in ½ cup **sugar** and let cool slightly. Using an electric mixer, beat 6 **egg** whites and 2 pinches salt at medium speed until foamy, about 2 minutes; sprinkle in another ½ cup sugar. Increase the speed to high and beat until moist, stiff peaks form. Whisk 6 egg yolks and 1¼ cups almond flour into the cooled chocolate mixture. Fold in one-quarter of the egg white mixture until nearly blended; fold back into the remaining egg white mixture. Scrape into the prepared pan. Transfer to the oven and place a baking dish filled halfway with boiling water on the oven floor; bake for 1 hour. Let cool for 30 minutes before removing the sides of the pan.

web

For more Take 5 recipes, visit rachaelraymag.com/october.

APPLE, GETTY IMAGES; PUFF PASTRY, STOCKFOOD.COM; ALL OTHER INGREDIENTS, ISTOCKPHOTO.COM.

Crown Jewel

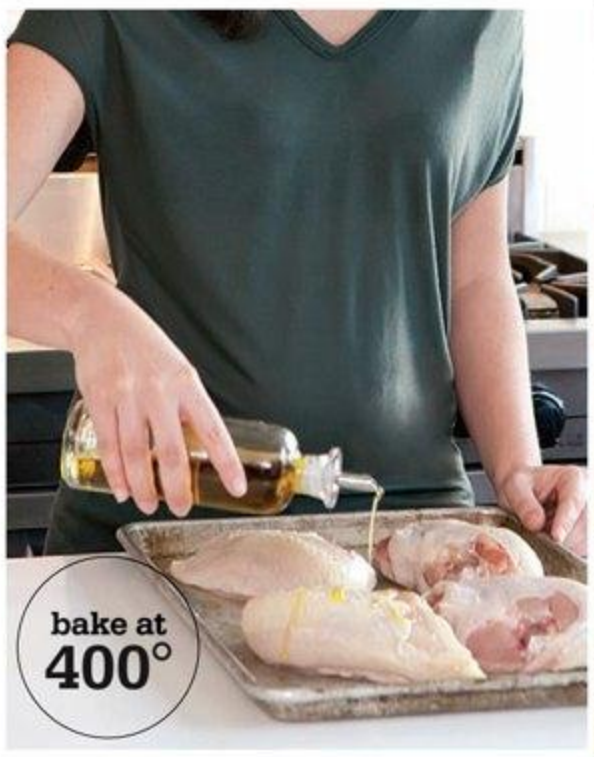
Every Day editor-in-chief **Silvana Nardone** spikes a classic curried coronation chicken salad with mango chutney and serves it up with homemade pita chips.

PHOTOGRAPHY BY **STEPHEN SCOTT GROSS**

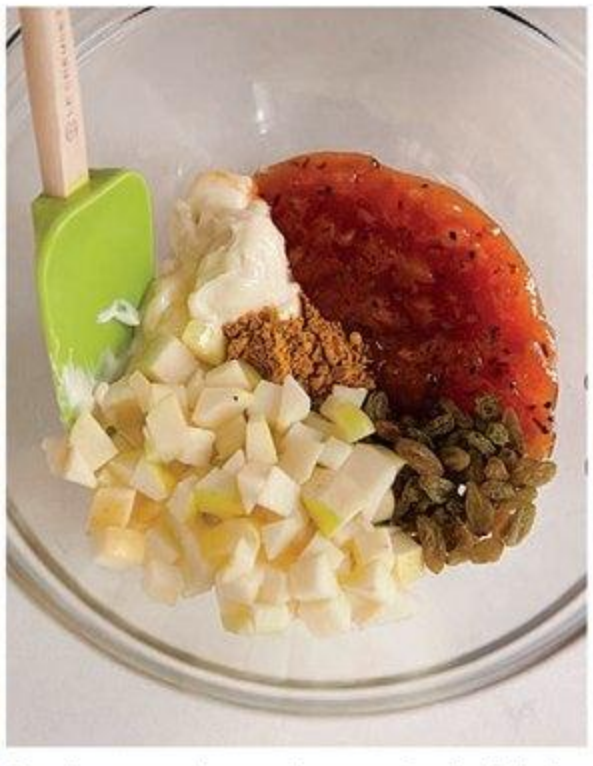
what I used

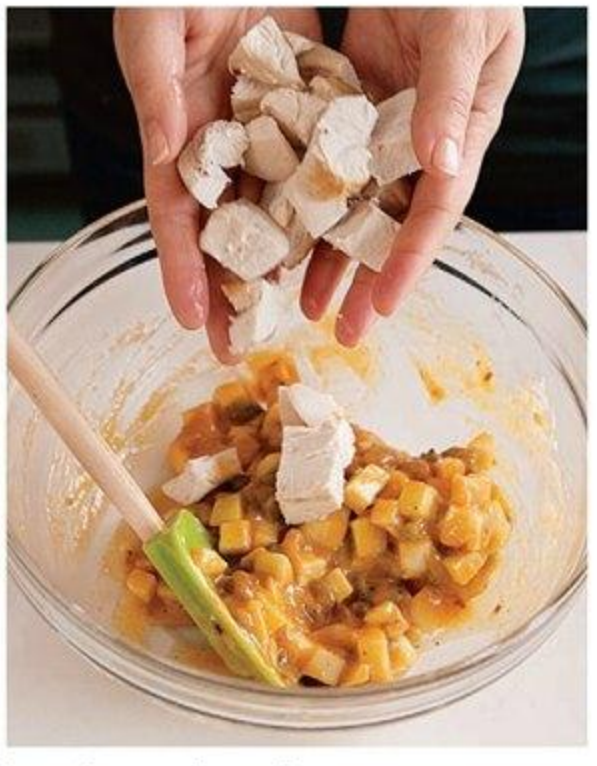
chicken breasts
extra-virgin olive oil
salt and pepper
pita breads
green apples
mayonnaise
mango chutney
golden raisins
curry powder
butter lettuce

I season chicken breasts with olive oil, salt and pepper on a



baking sheet and bake until cooked through, 40 minutes. Meanwhile, I brush pitas with olive oil, then cut them into triangles





and bake until crisp, about 10 minutes. I cut the cooked chicken into pieces. In a bowl, I stir together chopped apples, mayo,

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FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE. HAIR AND MAKEUP BY MAYSOON FARAJ; WARDROBE STYLING BY CHRISTINA STANLEY-SALERNO.

mango chutney, golden raisins, curry powder and the chicken. I serve the salad over lettuce with the pita chips.

Na'cho Average Slider

These knife-and-fork mini burgers turn nachos on their head!

BY **RACHAEL RAY** | PHOTOGRAPH BY **MARCUS NILSSON**

"Lean sirloin burgers topped with a few chips and a little cheese are even more delicious than a supersize snack of salty chips, fatty meat and tons of cheese sauce."

Nacho Slider-Size Burgers

MAKES 8

- 1 tablespoon tomato paste
- 1 15-ounce can lard-free spicy refried beans
- 1½ pounds ground sirloin
- ¼ cup grated onion
- 2 large cloves garlic, grated or finely chopped
- 1 tablespoon ancho or other medium-heat chile powder (about a palmful)
- ½ tablespoon ground cumin (about ½ palmful)
- ½ tablespoon ground coriander (about ½ palmful)
- ½ tablespoon sweet smoked paprika or sweet paprika (about ½ palmful)
- Salt and pepper
- Extra-virgin olive oil (EVOO) or vegetable oil, for drizzling
- 24 tortilla chips
- 2 cups shredded yellow sharp cheddar, smoked cheddar or pepper jack cheese
- 1 heart romaine lettuce or ½ head iceberg lettuce, shredded
- 2 plum tomatoes, seeded and chopped
- Pickled sliced jalapeño chile rings, drained, for serving

1. In a medium saucepan, bring about ½ cup water to a boil. In a small cup, mix the tomato paste with a few spoonfuls of the boiling water to thin the paste. Add the refried beans to the pan, stirring with the water in the pan to thin out a bit while they heat through. Lower the heat and keep the beans warm.

2. Place the beef in a bowl and add the reconstituted tomato paste, onion, garlic, chile powder, cumin, coriander and paprika; season with salt and pepper. Form the meat into 8 small patties (thinner at the center than at the edges). Heat a griddle or skillet over medium-high heat. Drizzle the patties with EVOO, add to the griddle and cook for a couple of minutes on each side.

3. Position a rack in the upper third of the oven and preheat the broiler. Place the burgers on a rack-covered baking sheet and top each with about 2 tablespoons beans. Spread 3 chips with some of the remaining refried beans and pile on a burger (the beans are the glue between the chips). Repeat with the remaining chips, beans and sliders. Top the chips with the cheese and broil for a minute to melt.

4. Scatter the lettuce on plates or a platter and top with the sliders, tomatoes and pickled jalapeños.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY ROBYN GLASER.

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EVERYDAY
MENU PLANNER
OCTOBER 2010

SUNDAY
Stewed Beef, Tomatoes and Okra

MONDAY
Pear-Cheddar Turnovers with Hot Bacon-and-Spinach Salad

TUESDAY
Pork Chops with Banana-Mashed Sweet Potatoes and Sautéed Green Beans

WEDNESDAY
Shrimp and Cheese Grits with Okra

THURSDAY
Skillet Chicken and Brussels Sprouts

FRIDAY
Mini Salmon-Mushroom Potpies with Roasted Green Beans

SATURDAY
Chicken-Rice Soup with Sour Cream and Avocado

What's for dinner tonight?
Take this shopping list to the store and you'll have seven nights' worth of easy meals for under $100.

PHOTOGRAPHY BY DAN ROBERTS; FOOD STYLING BY SARAH THOMPSON; PROP STYLING BY MELISSA HABERMAN.

7 DAYS DINNERS
S M T W T F S

YOUR SHOPPING LIST

PRODUCE
- ☐ 1 banana
- ☐ 2 lemons
- ☐ 1 bosc pear
- ☐ 1 avocado
- ☐ 1 pound brussels sprouts
- ☐ 1½ pounds green beans
- ☐ 1 pound red-skinned potatoes
- ☐ 1½ pounds sweet potatoes
- ☐ One 5-ounce bag baby spinach
- ☐ 1 yellow onion
- ☐ 1 red onion
- ☐ 1 leek
- ☐ 1 bunch scallions
- ☐ One 10-ounce container mushrooms
- ☐ 1 bunch parsley
- ☐ 1 bunch tarragon

DAIRY
- ☐ ½ pint heavy cream
- ☐ One 8-ounce container sour cream
- ☐ 1 stick (4 ounces) butter
- ☐ 8 ounces cheddar cheese

FISH AND SHELLFISH
- ☐ 1 pound skinless, boneless salmon fillets
- ☐ 1 pound large shrimp

MEAT
- ☐ 1½ pounds beef sirloin
- ☐ Four ¾-inch-thick center-cut pork chops
- ☐ One 16-ounce package bacon
- ☐ 4 skin-on, bone-in chicken breasts
- ☐ 1½ pounds skinless, boneless chicken thighs

GROCERY
- ☐ One 32-ounce bag rice
- ☐ One 24-ounce container quick-cooking grits
- ☐ One 15-ounce can beef broth
- ☐ One 32-ounce container chicken broth
- ☐ One 12-ounce can evaporated milk
- ☐ One 28-ounce can diced fire-roasted tomatoes
- ☐ One 2-pound bag flour
- ☐ Two 16-ounce bags frozen cut okra
- ☐ One 17.3-ounce box puff pastry

TOTAL $94.65
(Extra-virgin olive oil, salt and pepper are freebies.)

web **Get a new menu planner every week** at rachaelraymag.com/menu.

S M T W T F S

Stewed Beef, Tomatoes and Okra

SERVES 4 **PREP** 15 MIN **COOK** 25 MIN

- 1½ cups rice
- 3 tablespoons extra-virgin olive oil
- 1½ pounds beef sirloin, cut into ¾-inch cubes
- Salt and pepper
- 1 onion, chopped
- One 28-ounce can diced fire-roasted tomatoes
- One 16-ounce bag frozen cut okra
- 1 cup beef broth
- ½ cup chopped parsley

1. In a medium saucepan, combine the rice and 3 cups water. Bring to a simmer, cover and cook over medium-low heat until the water is absorbed, about 20 minutes. Remove from the heat and let stand, covered, for 5 minutes before fluffing with a fork.

2. While the rice is cooking, in a large pot, heat 2 tablespoons olive oil over medium-high heat. Season the beef with salt and pepper. Working in batches, add the beef and cook until browned, about 2 minutes; transfer to a bowl. Lower the heat to medium, add the onion and remaining 1 tablespoon olive oil to the pot and cook until translucent, 3 to 4 minutes. Stir in the tomatoes, okra and beef broth; bring to a boil, stirring occasionally, then lower the heat and simmer until thickened, about 15 minutes. Return the beef and any juices to the pot and stir in the parsley. Serve with the rice.

plan it

PREPARE 3 cups rice tonight and save half for Thursday.

ADD heat by stirring in a chopped canned chipotle chile with the tomatoes in Step 2.

DOUBLE the stew and let the leftovers cool completely before freezing in an airtight container for up to 1 month.

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S M T W T F S

plan it

PREP 10 slices bacon and shred 8 ounces cheese—save half of the bacon and two-thirds of the cheese for Wednesday.

FREEZE the assembled turnovers for 10 minutes if the pastry has softened.

CUT the sharp bite of the red onion slices by soaking them in cold water for 15 minutes before using.

Pear-Cheddar Turnovers with Hot Bacon-and-Spinach Salad

SERVES 4 **PREP** 30 MIN **BAKE** 20 MIN

- 4 slices bacon, thinly sliced crosswise
- 1 bosc pear—peeled, cored and cut into ½-inch pieces
- ¾ cup grated cheddar cheese (about 2½ ounces)
- 1 teaspoon chopped fresh tarragon
- Salt and pepper
- 1 frozen puff pastry sheet, thawed
- 1½ tablespoons heavy cream
- One 5-ounce bag baby spinach
- ¼ red onion, thinly sliced
- 1½ tablespoons fresh lemon juice

1. Preheat the oven to 400°. In a skillet, cook the bacon over medium heat until crisp, 7 to 10 minutes; drain on paper towels. Reserve the bacon grease in a small, heatproof bowl and reserve the skillet. In a large bowl, combine the pear, ½ cup cheese, the tarragon and ½ tablespoon of the reserved bacon grease; season with salt and pepper.

2. Using a rolling pin, roll out the puff pastry to a 12-inch square; cut the pastry into quarters. Arrange in a single layer on a parchment-lined baking sheet. Divide the pear mixture evenly among the squares, reserving the bowl. Moisten the edges of the pastry with water, then fold over to enclose the filling, pressing the edges to seal. Brush each turnover with the cream, cut a few slits on top and sprinkle with the remaining ¼ cup cheese. Bake until browned, about 20 minutes.

3. In the reserved large bowl, combine the spinach, red onion and cooked bacon. Reheat 1 tablespoon of the reserved bacon grease in the reserved skillet, then remove the pan from the heat and swirl in the lemon juice. Drizzle over the salad, season with salt and pepper and toss. Serve with the turnovers.

S M T W T F S

plan it

PUREE the Banana-Mashed Sweet Potatoes for a smooth texture.

TOP the green beans with toasted almond slices.

BRUSH the pork chops with honey during the last 2 minutes of cooking on each side.

Pork Chops with Banana-Mashed Sweet Potatoes and Sautéed Green Beans

SERVES 4 **PREP** 15 MIN **COOK** 20 MIN

- 1½ pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1 banana, cut into pieces
- 2 tablespoons butter
- 2 tablespoons heavy cream
- Salt and pepper
- 3 tablespoons extra-virgin olive oil
- ¾ pound green beans, trimmed
- Four ¾-inch-thick center-cut pork chops, patted dry

1. In a medium pot, combine the sweet potatoes with enough salted water to cover and bring to a boil over medium-high heat. Lower the heat and simmer until tender, 15 to 20 minutes; drain and return to the pot. Mash in the banana, butter and cream; season with salt and pepper.
2. While the potatoes are cooking, in a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add the green beans and 2 tablespoons water and season with salt and pepper. Cook, partially covered and tossing occasionally, until crisp-tender, about 5 minutes. Transfer to a plate and tent with foil to keep warm.
3. Using the same skillet, heat the remaining 2 tablespoons olive oil over medium-high heat. Season the pork chops with salt and pepper; add to the pan and cook, turning once, until golden-brown and cooked through, about 7 minutes. Serve with the green beans and banana-mashed sweet potatoes.

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Shrimp and Cheese Grits with Okra

SERVES 4 **PREP** 15 MIN **COOK** 20 MIN

One 12-ounce can evaporated milk
1½ cups quick-cooking grits
1½ cups grated cheddar cheese (about 5 ounces)
5 scallions, white and green portions thinly sliced separately
Salt and pepper
6 slices bacon, thinly sliced crosswise
1 pound large shrimp, peeled and deveined
¾ cup extra-virgin olive oil
¾ pound frozen cut okra, thawed and patted dry
3 tablespoons flour

1. In a large saucepan, bring 5 cups water and the evaporated milk to a boil. Lower the heat to medium-low, stir in the grits, partially cover and simmer, stirring, until just thickened, about 15 minutes. Remove from the heat, stir in the cheese and three-quarters of the scallion greens, season with salt and pepper and cover to keep warm.

2. While the grits are cooking, in a large skillet, cook the bacon over medium-high heat until almost crisp, about 8 minutes. Season the shrimp with salt and pepper and stir into the pan along with the scallion whites; cook until the shrimp is opaque, about 3 minutes. Transfer the shrimp mixture to a bowl; wipe out the skillet.

3. In the same skillet, heat the olive oil over high heat. Season the okra with salt and pepper and toss with the flour. Fry the okra in a single layer, stirring occasionally, until golden in spots, about 3 minutes; drain on paper towels and season with salt.

4. Divide the grits among 4 bowls and top with the shrimp mixture and okra. Sprinkle the remaining scallion greens on top.

➤ plan it

SAVE 5 minutes! Use the prepped bacon and shredded cheese from Monday.

COAT the okra in cornmeal instead of the flour for extra crunch.

ADD heat by sautéing the shrimp mixture with a thinly sliced jalapeño chile.

S M T W T F S

plan it

SAVE 20 minutes! Sprinkle water on the prepared rice from Sunday and reheat in a microwave.

GRATE the lemon peel and mix with extra-virgin olive oil and salt to rub under the chicken skin.

SEASON the chicken with salt and pepper and refrigerate uncovered overnight for crispier skin.

Skillet Chicken and Brussels Sprouts

SERVES 4 **PREP** 10 MIN **COOK** 35 MIN

- 1½ cups rice
- ¼ cup chopped fresh parsley
- 4 slices bacon, thinly sliced crosswise
- 4 skin-on, bone-in chicken breasts, patted dry
- Salt and pepper
- 1 pound brussels sprouts, trimmed and halved (if small) or quartered lengthwise (if large)
- 1 lemon, quartered lengthwise

1. In a medium saucepan, bring the rice and 2¼ cups water to a boil. Lower the heat to low, cover and cook until the water is absorbed and the rice is tender, about 15 minutes. Let stand for 5 minutes before stirring in the parsley.

2. While the rice is cooking, in a large cast-iron skillet, cook the bacon over medium heat until crisp, about 5 minutes; using a slotted spoon, transfer to paper towels to drain. Season the chicken with salt and pepper, place in the pan skin side down and cook, turning once, for 15 minutes; transfer the chicken to a plate. Add the brussels sprouts to the pan, season with salt and pepper and cook, stirring occasionally, until golden-brown, about 15 minutes. Add the bacon and toss.

3. Squeeze the lemon over the chicken and brussels sprouts. Serve with the rice.

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plan it

WASH the sliced leek by soaking and swishing it in water—the grit will fall to the bottom of the bowl.

BRUSH pastry scraps with cream, sprinkle with cheese and cut into bite-size pieces, then bake for a quick snack.

TOSS the cooked salmon mixture with cooked egg noodles instead of using as a filling.

Mini Salmon-Mushroom Potpies with Roasted Green Beans

SERVES 4 **PREP** 15 MIN **BAKE** 30 MIN

- 1 frozen puff pastry sheet, thawed
- ¾ cup heavy cream
- ¾ pound green beans, trimmed
- 4 tablespoons butter, cut into 4 pieces
- Salt and pepper
- 1 leek—white and light green parts halved lengthwise, then thinly sliced crosswise and rinsed
- One 10-ounce container mushrooms, quartered
- 2 tablespoons flour
- 2 tablespoons chopped fresh tarragon
- 1 pound skinless, boneless salmon fillets, cut into 1-inch chunks

1. Preheat the oven to 400°. On a work surface, cut the puff pastry into rounds to fit four 1½-cup ramekins or small bowls; transfer to a parchment-lined baking sheet. Prick with a fork, then brush with 1½ tablespoons cream and bake until golden, about 15 minutes.
2. Meanwhile, arrange the green beans on a foil-lined baking sheet, dot with 1 tablespoon butter and season with salt and pepper. Drizzle 2 tablespoons water over the beans, then wrap into a flat package. Transfer to the oven and roast for 15 minutes, then unwrap, stir and roast until crisp-tender, about 5 minutes.
3. In a large nonstick skillet, melt 1 tablespoon butter over medium heat. Add the leek, season with salt and pepper and cook until soft, 2 to 3 minutes; transfer to a plate. Add 1 tablespoon butter and the mushrooms to the pan, season with salt and pepper and cook until golden, about 5 minutes. Add the remaining 1 tablespoon butter and the flour and cook, stirring, for 1 minute. Stir in the remaining cream, 1¼ cups water and the tarragon; bring to a boil and cook, stirring, for 3 minutes. Season the salmon with salt and pepper; stir into the pan along with the leek. Cook for 3 to 4 minutes, then remove from the heat.
4. Divide the salmon mixture among the 4 ramekins and top each with a puff pastry round. Serve with the green beans.

S M T W T F S

Chicken-Rice Soup with Sour Cream and Avocado

SERVES 4 **PREP** 20 MIN **COOK** 30 MIN

- 3 tablespoons extra-virgin olive oil
- 1½ pounds skinless, boneless chicken thighs, patted dry
- Salt and pepper
- ¾ red onion, chopped
- 1 pound red-skinned potatoes, cut into ½-inch pieces
- ½ cup rice
- One 32-ounce container (4 cups) chicken broth
- ½ cup chopped fresh parsley
- 1 avocado—peeled, pitted and cut into ½-inch cubes
- ¼ cup sour cream

1. In a dutch oven, heat the olive oil over medium-high heat. Season the chicken with salt and pepper and cook in the pot until golden on both sides, 3 to 4 minutes; transfer to a work surface. Add three-quarters of the onion to the pot, lower the heat to medium and cook, stirring occasionally, until just beginning to brown, 2 to 3 minutes. Add the potatoes and cook for 1 minute.

2. Cut the chicken into bite-size pieces and return to the pot with any of its juices. Stir in the rice, chicken broth and 3 cups water and bring to a boil. Lower the heat and simmer, stirring occasionally, until the potatoes are tender, 15 to 18 minutes; season with salt and pepper. Stir in the parsley and avocado. Serve with the sour cream and remaining onion.

plan it

CUT the fat and calories by using chicken cutlets instead of chicken thighs.

PEEL and chop the avocado just before serving to prevent browning.

ADD chicken broth, tortilla chips and shredded cheese to stretch leftovers.

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Family Matters

This devilishly good dish dresses up chicken legs in a Halloween costume of crunchy crumbs and spicy sauce.

BY **TRACEY SEAMAN** | PHOTOGRAPH BY **MARCUS NILSSON**

Devilish Chicken Legs

SERVES 4
PREP 15 MIN (PLUS MARINATING)
BAKE 40 MIN

- ¼ cup dijon mustard
- ¼ cup reduced-fat greek yogurt
- 1 tablespoon hot sauce, such as Frank's RedHot
- 4 large whole chicken legs, cut through the joint to separate drumsticks and thighs, skinned
- ¼ cup extra-virgin olive oil
- 1⅓ cups panko breadcrumbs
- 4 teaspoons italian seasoning
- Salt and pepper
- Cooked carrot sticks, for serving

1. In a large bowl, whisk together the mustard, yogurt and hot sauce. Add the chicken, turning to coat, and let stand at room temperature for 30 minutes (or cover and refrigerate for up to 12 hours).

2. Position a rack in the upper third of the oven and preheat to 400°. Line a baking sheet with parchment and grease with 2 tablespoons olive oil.

3. In a large bowl, toss together the panko, italian seasoning, 1 teaspoon salt and ¼ teaspoon pepper. Working with 1 chicken piece at a time, coat in the panko mixture and transfer to the prepared baking sheet. Drizzle with the remaining 2 tablespoons olive oil, then bake until golden and cooked through, about 40 minutes. Serve with the carrot sticks.

yum-o!

TIPS OF THE MONTH

Skeletons are everywhere on Halloween! Learn how to take care of yours with these bone-building tips.

- **Cut back on salty snacks and soda.** Sodium-laden chips and caffeinated beverages can interfere with the absorption of calcium, which is essential for strong bones.
- **Think outside the carton.** Cheese, yogurt, almonds, tortillas, tofu and leafy greens are all good natural sources of calcium.
- **Get physical.** Walking, running, dancing and playing soccer all help build bone density.

For more ways to help your family build healthier relationships with food and cooking, visit yum-o.org.

FOOD STYLING BY CYD RAFTUS MCDOWELL; PROP STYLING BY HEATHER CHONTOS.

behind the recipe

Bean Sprouts, in Middleton, Wisconsin, is a hip café devoted entirely to kids. Beyond serving healthy food, it offers fun cooking classes that are popular with local families. "If we make something like Dough-Re-Mi muffins, the kids sing out the ingredients as we go along," says co-owner Kelly Parthen. This month the class tried its hand at our Devilish Chicken Legs, proving that even young taste buds like a little heat. "I got to make the sauce—it was the best part!" enthused 5-year-old Colette Wiese. "We can't wait to make this at home," chimed in Patrick Tsai, dad to 3-year-old Sophie. "She ate it all, even the crumbs on the plate!" —SARAH ZORN

Candy Coated

Caramel apples become the perfect after-school snack as an apple-studded cupcake with gooey caramel frosting.

BY **SILVANA NARDONE** | PHOTOGRAPHY BY **STEPHEN SCOTT GROSS**

• Shred the apple instead of chopping it for even distribution in the batter and to keep the cupcakes moist.

• Use a dry, not-too-sweet baking apple, such as rome.

• Make doughnuts instead by baking in 2 greased nonstick doughnut pans.

• Melt the caramels and cream in the microwave or in a double boiler.

"I've made dozens of apple muffins over the years, but I realize now that they were all just practice to get to this definitive taste of the season: the caramel apple cupcake. Grated apples in the batter ensure that you'll get apple with every bite of caramel—no stick necessary!"

Caramel Apple Cupcakes

MAKES 12 **PREP** 20 MIN **BAKE** 30 MIN

- **1¼ cups flour**
- **2 teaspoons baking powder**
- **½ teaspoon ground cinnamon**
- **½ teaspoon salt**
- **2 eggs, at room temperature**
- **½ cup packed light brown sugar**
- **½ cup granulated sugar**
- **½ cup vegetable oil**
- **2 teaspoons pure vanilla extract**
- **2 rome apples (about 1 pound), peeled and shredded**
- **1½ cups chewy caramel candies**
- **1 tablespoon heavy cream**

1. Arrange a rack in the upper third of the oven and preheat to 350°. Line a cupcake pan with baking liners. In a large bowl, whisk together the flour, baking powder, cinnamon and salt.

2. In a medium bowl, whisk together the eggs, brown sugar and granulated sugar until smooth. Whisk in the oil and vanilla. Stir into the flour mixture until just combined; stir in the apples. Spoon the batter into the prepared pan until almost full. Bake until golden and a toothpick inserted in the center comes out dry, 25 to 30 minutes. Transfer to a rack to cool completely.

3. In a small, microwavable bowl, combine the caramels and cream. Microwave for 1 minute at medium power, then stir; repeat in 30-second intervals until melted and smooth. Let cool. Spread the frosting generously on the cooled cupcakes.

FOOD STYLING BY TRACEY SEAMAN; PROP STYLING BY MEGHAN GUTHRIE. HAIR AND MAKEUP BY MAYSOON FARAJ; WARDROBE STYLING BY CHRISTINA STANLEY-SALERNO.

Find more issues at magazinesdownload.com

"You can use this easy-to-make glaze for caramel apples, too!"

I LOVE THAT NEW ME SMELL

I had been in New York for eight years.
I needed a change of pace.
At twenty-six I kind of woke up and was like, "All right, time to go." A couple of months later, I drove out to California with my dad. I had to have a car to get around LA, so I got a new Corolla. It's my first brand new car that I bought on my own. It was like, I don't know, I made it. Like, I'm an adult.

Stephanie Powell
2010 Corolla owner

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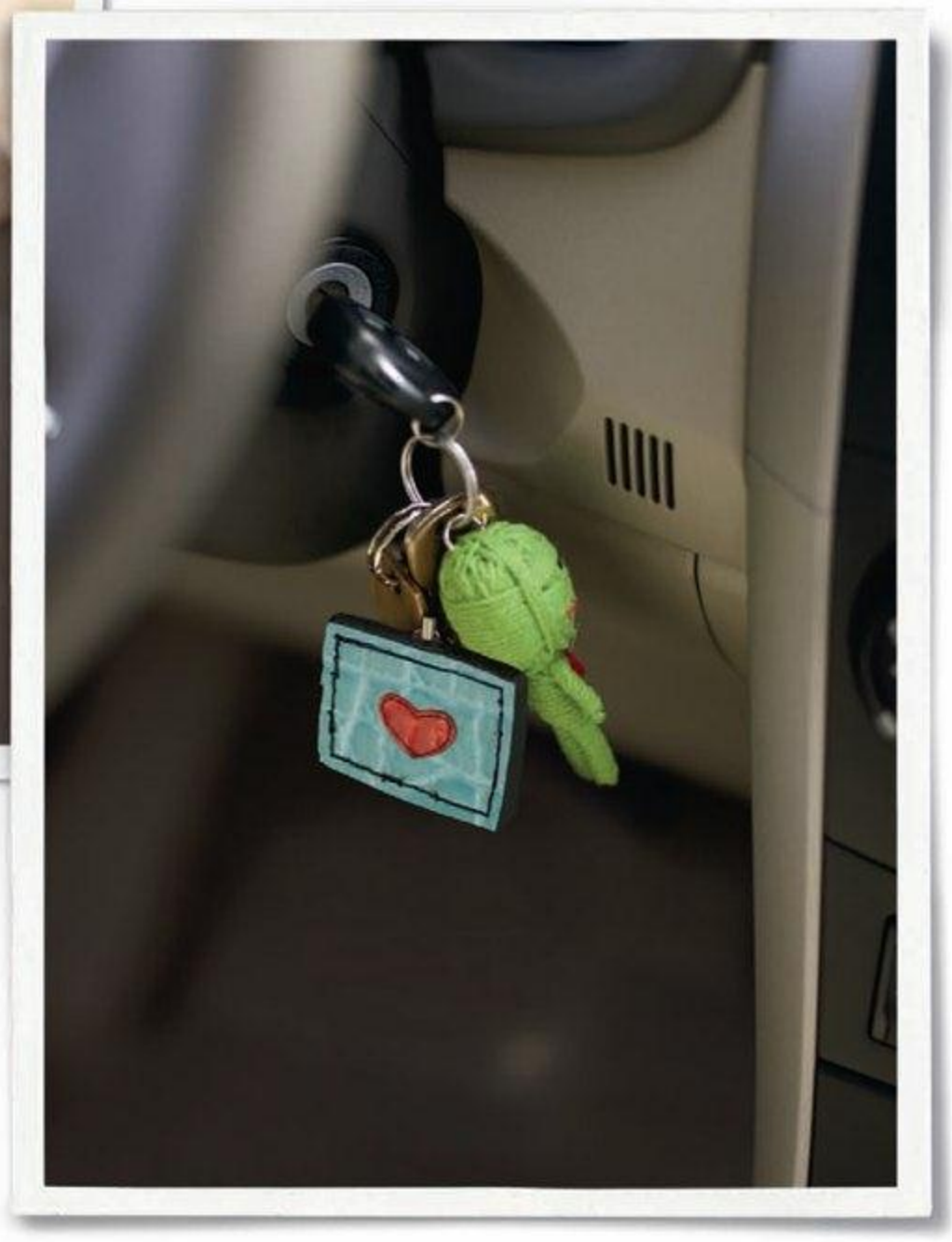

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RECIPE | REVIEWS | NUTRITION

Dripping Roast Beef Sandwiches with Melted Provolone

Prep: 5 min. Cook: 5 min. Bake: 3 min. Makes: 4 sandwiches

- 1 can (10½ oz.) *Campbell's*® Condensed French Onion Soup
- 1 tbsp. reduced sodium Worcestershire sauce
- ¾ lb. thinly sliced deli roast beef
- 4 Pepperidge Farm® Classic Soft Hoagie Rolls with Sesame Seeds
- 4 slices deli provolone cheese cut in half
- ¼ cup drained mild **or** pickled banana pepper rings

1. Heat oven to 400°F.
2. Heat soup and Worcestershire in 2-qt. saucepan over medium-high heat to a boil. Add beef and heat through, stirring occasionally.
3. Divide beef among rolls. Top beef with cheese slices and place sandwiches onto baking sheet.
4. Bake 3 min. or until sandwiches are toasted and cheese is melted. Spoon soup mixture onto sandwiches. Top **each** sandwich with **1 tbsp.** pepper rings.

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It's amazing what soup can do.™ Campbell's

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get together

the go-to guide for a good time

hues there

Personalize classic Rice Krispies Treats for a bake sale: Wrap them in colored paper that corresponds to your school's colors. **For more tips on hosting a killer bake sale, turn the page.**

READY, SET

COOK

GET TOGETHER

GO AWAY

PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY MARYANN POMERANZ; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES. ILLUSTRATIONS BY CARLOS APONTE.

advertisement

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smart cookie
About 200 million boxes of Girl Scout cookies continue to be sold every year, despite the recent sluggish economy. The top sellers? Thin Mints and Samoas.

host a bake sale

Make money in no time, with sugar, flour and a pinch of preparation.

BY **ELIZABETH JENKINS**

ASK NICELY. If you plan on setting up in a school cafeteria or community hall, get permission about a month ahead. (You'll be glad for the extra time if paperwork or permits are involved.) Also ask whether the venue bans any ingredients; some prefer you not use dairy products or **nuts** because of spoilage or allergies.

TIME IT OUT. Start recruiting volunteers a month out, says Pam Abrams, co-author of *The Only Bake Sale Cookbook You'll Ever Need: 201 Mouthwatering, Kid-Pleasing Treats.* Make a to-do list of tasks, from soliciting donations and making **posters** to baking and shopping for decorations.

GET SOME HELP. Hey, it's for a good cause—folks will want to pitch in! As you enlist volunteers, request items to ensure variety. "Feel free to say, 'We're all set with cookies, but **cupcakes** would be great,'" Abrams says. Let nonbakers know that their skills—advertising, selling or cleaning—are just as valuable.

GO TO THE PROS. Supplement homemade treats with goodies from **local bakeries**. In exchange for their donations (which you can price as you wish), post a sign calling out the bakery's name and address. "Give them a little PR, so it's clear that the bakery is supporting the school," Abrams says.

don't forget the follow-through

Post-sale, when you're a shining example of success, tell your volunteers about it! "They'll be more inclined to help again if they feel their efforts were appreciated and impacted the bottom line," Abrams says.

BAKE SALE AND PEANUT, GETTY IMAGES; CUPCAKE, ISTOCKPHOTO.COM. POSTER AND BAKERY BOX BY BOYLE & GARDNER; PROP STYLING BY TIZIANA AGNELLO.

bake your money-maker

Sweet success is well within reach with these easy tips.

pitch

Sure, advertising has moved from poster board and markers to Facebook and Twitter, but **having the kids decorate signs is a no-fail way to get them involved** in (and excited about) the event. So, which technique should you use? All of them. Besides, Pam Abrams says, the main purpose of advertising is to remind kids to bring money to school. "There's no need to let potential customers know about the sale more than a week before," she says. On the big day, an attractive table will also help: Throw on a tablecloth and a vase of fresh flowers, and use tiered trays and platters to stack treats at varying heights. Hang signs high to make your station visible from afar.

sell

The number-one bake sale bestseller? Rice Krispies Treats. "There's a nostalgia factor for grown-ups, and kids think they're cool," says Abrams, who has 23 varieties of the cereal bars in her book. Barbara Grunes, author of *The Best Bake Sale Ever Cookbook*, is also a **big believer in the appeal of some other classics: chocolate chip cookies, oatmeal cookies and brownies**. Regardless, have a plate with small chunks for sampling. Prices should be a little lower than the local bakery's, but not so low that you're making meager profits: Abrams suggests $2 for a generously sized (say, 3-inch square) Rice Krispies Treat or brownie, $1.50 for a giant cookie or nicely decorated cupcake, and $1 for two small cookies or mini cupcakes. End prices in 50 cents or on the dollar to keep things simple, especially if you have kids helping staff the table.

web

Love the look of these Classic Vanilla Snack Cakes? Get the recipe at rachaelraymag.com/october.

PHOTOGRAPHY BY BOYLE & GARDNER; FOOD STYLING BY SUSAN OTTAVIANO FOR HALLEY RESOURCES; PROP STYLING BY TIZIANA AGNELLO. RECIPE BY ABIGAIL CHIPLEY.

Find more issues at magazinesdownload.com

Peanut Butter Pretzel Cookies

MAKES 30 **PREP** 25 MIN **BAKE** 30 MIN

- 1½ cups flour
- ½ teaspoon baking soda
- 1½ sticks (6 ounces) unsalted butter, at room temperature
- 1¼ cups sugar
- 1 cup smooth peanut butter
- 2 eggs, at room temperature
- ⅓ cup unsalted roasted peanuts, chopped
- 6 cups miniature pretzels, chopped

1. Line 2 cookie sheets with parchment. Position racks in the upper and lower thirds of the oven and preheat to 350°. In a bowl, whisk together the flour and baking soda.

2. Using an electric mixer, beat the butter, sugar and peanut butter on medium speed until fluffy, about 5 minutes. Add the eggs 1 at a time, beating well after each addition. With the mixer on low speed, gradually add the flour mixture, beating until just combined; stir in the peanuts.

3. Place the pretzels in a bowl. Using a 1½-inch-diameter cookie scoop and working in batches, drop a few balls of dough in the bowl and toss to coat. Place the cookies on the prepared pans. Bake, rotating the pans after 10 minutes, until golden but still soft to the touch, about 15 minutes. Let cool slightly before transferring to racks to cool.

essential supplies

☐ Folding table ☐ Tablecloth and flowers ☐ Cash box with at least $25 in small bills and a roll of quarters ☐ Calculator or pen and paper ☐ Plastic gloves ☐ Trash can with liner ☐ Napkins or paper towels ☐ Banner or sign ☐ Boxes or plastic storage containers (for taking leftovers to a local shelter)

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the best PARTY FOOD ever

They're words every host wants to hear: Can I have the recipe? Well, get your gracious smiles ready, because these all-stars will please anytime.

BY **JENNIFER TZESES** | PHOTOGRAPHY BY **TARA DONNE** | RECIPES BY **MELISSA CLARK**

a chic cocktail party is perfect for...

the ultimate cocktail, of course—this one's as hip as martinis are cold.

Gin Gingertinis

MAKES 8 DRINKS

One 3-inch piece fresh ginger, peeled and thinly sliced crosswise
2 cups gin
½ cup vermouth
Ice
Sliced candied ginger, for garnish

1. In a glass bowl, lightly bruise the fresh ginger with a wooden spoon. Add the gin, cover and refrigerate for 24 hours or up to 3 days.
2. Strain the gin into a pitcher. Stir in the vermouth. Fill the pitcher with ice and stir. Strain into martini glasses garnished with the candied ginger.

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY ROBYN GLASER. VINUM XL DECANTER. MARTINI GLASS AVAILABLE AT CONRANUSA.COM.

1. Use clear acrylic boxes with removable tops as pedestals for simple nibbles such as olives and nuts. Fill the boxes with water and orchids, and your appetizers will seem as if they're floating on top. *—Ingrid Hoffman, host of Food Network's* Simply Delicioso

2. To get the party flowing, position your bar or buffet far from the entryway so that people actually have to cross the room when they arrive. Otherwise, you'll find a bottleneck by your front door. *—Annabel Karmel, author of* You Can Cook

3. A dimly lit room puts people at ease and sets a sexy mood. Gel lighting in pink and amber hues (echoed here with napkins), which you can buy from party stores, helps create a lounge-like atmosphere. *—Jennifer Gilbert, founder of Save the Date*

MUSIC NOTES Enlist some local music-school students to play at the party. Even one live musician, like a violinist or bassist, will take it to a new level. Young musicians are always eager to play, and they're cheaper to hire than professionals. *—Catherine McCord, founder of weelicious.com*

a homey get-together **is perfect for...**
the ultimate hot appetizer, as cozy and autumnal as the evening itself.

Fondue-Stuffed Mushrooms

MAKES 24 **PREP** 20 MIN **BAKE** 15 MIN

- 1 clove garlic, finely chopped
- Salt and pepper
- ½ cup finely chopped roasted red peppers
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon finely chopped fresh sage
- 24 baby portobello mushroom caps (about 12 ounces)
- 4 ounces extra-sharp cheddar cheese, finely chopped

1. Preheat the oven to 400°. Using the side of a knife, mash the garlic with a pinch salt to form a paste. In a bowl, combine the garlic paste, roasted red peppers, 1 teaspoon olive oil and the sage.

2. Brush the mushrooms with the remaining 2 teaspoons olive oil and stuff with the cheese. Arrange on a baking sheet, season with pepper and bake until the mushrooms are tender and the cheese is bubbling, about 15 minutes. Drain briefly on paper towels. Serve warm, topped with the red pepper relish.

MULLED PUNCH COCKTAIL
In a pot, mix 2 parts rum, 2 parts red wine, 1 part simple syrup, 1 part fresh-squeezed orange juice and some ground spices. Add orange slices for extra flavor and decoration.

1. Bring the outside in by setting a fall-inspired table. Fill glass bowls with pinecones, acorns or mini pumpkins and place along the length of your table. *—Jennifer Gilbert*

2. With a toasty beverage like mulled punch (see above), folks will get cozy quickly. Keep the pot on the stove over low heat so guests can serve themselves throughout the party. *—Charlotte Voisey, mixologist for William Grant & Sons*

3. To create a relaxed feel, forgo dinner in the dining room and use your coffee table instead. Pile up pillows or poufs on the floor so guests can snuggle up side by side. *—Dorcia Kelley, brand stylist for Renaissance Hotels*

4. Candlelight glow is perfect for a quiet dinner. Pick candles in fall tones. If you have an open fireplace, leave it unlit and place a few candles inside. *—Annabel Karmel*

MUSIC NOTES Mimic the laid-back time of year (and celebrate the leaves falling and the colors changing) with smooth sounds—think of artists like Al Green, Groove Theory and Sting. They'll create warm energy to last throughout the party. *—Dorcia Kelley*

Find more issues at magazinesdownload.com

a spontaneous soiree **is perfect for...**

the ultimate cold appetizer. It'll make your party feel like it was months in the making.

Pear-and-Goat Cheese Crostini

SERVES 8 **PREP** 20 MIN **BAKE** 35 MIN

- ½ cup coarsely chopped walnuts
- 1 tablespoon plus 1 teaspoon honey
- 1 tablespoon brown sugar
- 3 large bosc pears—peeled, halved lengthwise, cored and cut lengthwise into ½-inch wedges
- 1 tablespoon butter, chilled and cut into small pieces
- One 12-inch baguette, sliced ½ inch thick and toasted
- 6 ounces soft goat cheese
- 1 cup baby arugula
- Extra-virgin olive oil, for drizzling
- Coarse sea salt, for sprinkling

1. Preheat the oven to 350°. Line a baking sheet with parchment. In a small bowl, toss the walnuts with 1 teaspoon honey. Toss with the brown sugar to coat. Arrange in a single layer on the prepared baking sheet and roast, stirring once, until slightly candied, about 7 minutes. Transfer to a plate to cool. Discard the parchment.

2. Increase the oven temperature to 400°. Arrange the pears in a single layer on the baking sheet. Top with the butter and drizzle with the remaining 1 tablespoon honey. Roast, tossing occasionally, until tender and golden, about 25 minutes.

3. Spread one side of the toasts with the goat cheese and top with the arugula. Drizzle with olive oil and top with the pear slices. Sprinkle with the candied nuts and sea salt.

COCKTAIL TIP *For easy sangria, all you need is a bottle of wine (white or red), fruit juice, some cut fruit and a splash of something extra, like rum or vodka. Mix it all at once and store in pitchers for easy preparation.*

1. For a quick centerpiece, get corner-store carnations and cut the stems 2 inches below the flowers. Keep the arrangement tight—each bunch will look like one big bloom. *—Jennifer Gilbert*

2. Snap candids with an instant camera as guests arrive, and spread the photos on the table to spark conversation. Or take digital shots and download them onto your computer or TV screen to play during dessert. *—Dorcia Kelley*

3. Focus on serving just one type of cocktail that you can throw together from on-hand ingredients (like the simple sangria recipe above). *—Charlotte Voisey*

4. Classic board games like Trivial Pursuit and Taboo get everyone involved—and take pressure off the food when you haven't had much planning time. *—Catherine McCord*

MUSIC NOTES When you don't have time to plan a party playlist, go straight to the fail-safe: '80s tunes. They're classics that everyone loves and can sing along to. *—Ingrid Hoffman*

a classic dinner party is perfect for...

the ultimate main course, a stately (but not stuffy) recipe fit for a feast.

Jill Rader

Eric Anderson

Alyson Kons

1

2

3

Stout-Braised Short Ribs

SERVES 8 | **PREP** 35 MIN | **COOK** 3 HR

- 8 large bone-in beef short ribs (about 6 pounds)
- 1½ teaspoons ground cumin
- Salt and pepper
- 3 tablespoons extra-virgin olive oil
- 3 leeks, white and light green parts only, finely chopped and rinsed
- 6 cloves garlic, finely chopped
- 2 tablespoons tomato paste
- One 12-ounce bottle stout beer
- 3 sprigs fresh thyme
- 1 pound carrots, halved lengthwise and cut crosswise 2 inches thick
- ½ pound green beans, preferably haricots verts

1. Preheat the oven to 325°. Rub the short ribs with the cumin and season with salt and pepper. In a large dutch oven, heat 2 tablespoons olive oil over medium-high heat. Working in batches, add the short ribs and brown on all sides; transfer to a platter. Discard all but about 1 tablespoon of the fat from the pot.

2. Lower the heat to medium, add the leeks and cook, stirring, until softened, about 7 minutes. Add the garlic and tomato paste and cook for 3 minutes. Add 2 cups water, the beer and thyme. Return the ribs to the pot, cover and cook in the oven, rotating every 30 minutes, until the meat is very tender, about 3 hours.

3. Meanwhile, in a large pot of boiling, salted water, cook the carrots and green beans until crisp-tender, about 1 minute. Drain.

4. In a large skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the vegetables and cook, tossing, until warmed through; season with salt and pepper. Serve with the short ribs.

BLACK DINNER PLATES AVAILABLE AT NICOLEFARHI.COM; BLACK MEGA SALAD PLATES AVAILABLE AT ROYALCOPENHAGEN.COM.

1. Sending invitations by mail sets the tone. Choose a chic design, like a black invitation with a white chandelier, to convey the evening's elegance. Use black-and-white decor to pull the look together on the night of the party.
—Anna Fieler, vice president of marketing for Tiny Prints

2. Assigned seating takes dinner up a notch and shows that you put effort into figuring out who would like meeting someone new. Write each guest's name on one side of a place card, and a tidbit about him or her—how you met, a favorite restaurant—on the other.
—Jennifer Gilbert

3. Greet your revelers in style with a glass of champagne garnished with a chocolate-covered strawberry. The two make a delicious pair and tempt the palate before a big dinner.
—Thierry Muret, executive chef chocolatier for Godiva Chocolatier Worldwide

MUSIC NOTES Go against the grain with a classic rock soundtrack. These tunes are an unexpected contrast to a formal table and keep the party from feeling too serious. People are more comfortable listening to music they know.
—Catherine McCord

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a boisterous bash **is perfect for...**

the ultimate dessert, a banana split for grown-ups who still have a soft spot for fun and games.

Bananas Foster Split with Bourbon Whipped Cream

SERVES 8 **PREP** 15 MIN **COOK** 10 MIN

- 6 ounces bittersweet chocolate, chopped
- 1½ cups heavy cream
- 3 tablespoons plus 1 teaspoon honey
- 1 stick (4 ounces) unsalted butter, cut into pieces
- ½ cup dark brown sugar
- ¼ cup plus 1 tablespoon bourbon
- 1 teaspoon pure vanilla extract
- Pinch salt
- 4 bananas—peeled, halved lengthwise, then halved crosswise
- 1 quart vanilla ice cream

1. In a double boiler, heat the chocolate, ½ cup cream and the honey, stirring, until smooth, about 5 minutes. Cover to keep warm.
2. In a large skillet, melt the butter and brown sugar, stirring, over medium-high heat. Whisk in ¼ cup bourbon, the vanilla and salt. Add the bananas and cook, turning, until warm, about 3 minutes.
3. Using an electric mixer, whip the remaining 1 cup cream and 1 tablespoon bourbon until soft peaks form.
4. Arrange 2 banana slices and their sauce in each of 8 banana split dishes. Top each with 3 scoops vanilla ice cream and some chocolate sauce and bourbon whipped cream.

web **For more party recipes and menus,** visit rachaelraymag.com/october.

PIÑATA AVAILABLE AT CONFETTISYSTEM.COM.

1. An old-school activity, like hitting a candy-filled piñata, will bring out the silly side in anyone. You'll be surprised by how much fun adults can have and, better yet, you won't have to break the bank on entertainment.
—Catherine McCord

2. Keep the mood light with a loose theme: Ask guests to show up in their worst Christmas sweaters or to wear one wacky accessory, like goggles or funky broaches. It's a great way to get everyone involved, and it'll give people something to talk about upon arrival.
—Charlotte Voisey

3. Liven up the room with color. Bright details and bold, poppy colors instantly make people happy and the party more festive. Mix and match with runners, placemats and napkins in hues like yellow, red, orange or purple.
—Dorcia Kelley

MUSIC NOTES Dust off your record player and vinyl! Gather your albums (wooden wine boxes make for chic storage) and let your friends play DJ. If you haven't owned a turntable since the Carter administration, put guests in charge of your stereo and CDs (remember those?) instead.
—Nicole Cloutier, mixologist for Lillet

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Easy solutions for everyday women

You've got challenges, we've got solutions! Check out this real-life dilemma from a real entrant in the Aussie Easy Solutions for Everyday Women Contest. Then see the recipe for easy, great hair.

The Challenge

"I have straight, fine hair. I'm 35 years old, and I'm still trying to find a style I can do and have great hair, too. Any ideas?"

— Susan, Covington, GA

Aussie's Easy Hair Solutions

Even straight, fine hair can hold natural-looking waves when you have the right products. Here are some quick and easy tips.

INGREDIENTS:

Aussie Catch the Wave Mousse + Leave-In Conditioner, blow-dryer, **Aussie Sydney Smooth 12 Hour Anti-Humidity Hair Spray**, curling iron

DIRECTIONS:

1. Add volume to your roots by using **Aussie Catch the Wave Mousse + Leave-In Conditioner**, and spread through your hair to nourish from root to tip.
2. Loosely blow-dry your hair (without a brush), directing your hair up at the root. It's important to run your fingers through your hair to control the direction of the heat, which will help add volume and movement throughout.
3. To get curls that last, spray a 2" section of hair with **Aussie Sydney Smooth 12 Hour Anti-Humidity Hair Spray**, and then wrap it around a 1" curling iron. The key to natural-looking waves is to wrap your hair in a spiral motion away from your face.

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✓ GO OUT OF YOUR WAY

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✓ WORK IT OUT

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Halloween Makeup

Face the facts: Killer costumes are made from the neck up. Rach's buddy **Gretta Monahan** has some tricks for designing winning looks with help from Mom's makeup bag. PHOTOGRAPHY BY **FRANK HECKERS**

superhero

You don't need special powers to turn little ones into their favorite characters—imagination is all it takes.

YOU'LL NEED
face-paint crayons, spray-on hair glitter, red lip tint

GET THE LOOK **1.** Using face-paint crayons (available at Halloween or party stores), draw alternating strips of color vertically onto the eyelids, extending to the brows. Place an eye mask over your work, or rest it on the forehead. **2.** With the crayons, draw a hero-worthy design on one cheek: Try a lightning bolt outlined in black, or a bright star. Let them pick the cheek! **3.** To jazz up the hair, spritz in a layer of spray-on hair glitter. **4.** Brighten the smile (trust me, they'll have one!) with some red lip tint. Be sure to choose one that's not easily licked off.

kitty

Create the purr-fect feline face with a few pencil strokes, a steady hand and a touch of sparkle.

YOU'LL NEED
black and colored eyeliner, cotton swabs, glitter

GET THE LOOK **1.** Draw a circle on the tip of the nose with a soft black eyeliner pencil and fill it in. **2.** Starting half an inch from the nose, draw three whiskers (about 2 inches long) per cheek. Use the ears as guidelines: Aim a whisker toward each earlobe, the middle of the ear and the top of the ear. **3.** Roll the tip of a cotton swab in glitter, then rub it over the ends of the whiskers, leaving glittery patches. Repeat on the tip of the nose. **4.** Use the black eyeliner pencil to draw two lines from the outer edges of each eye—one extending from the top lid, the other from the bottom. Fill in the space between them with colored eyeliner.

zombie

This technique keeps the face paint to a minimum. Remember: What's on those cheeks can end up everywhere.

YOU'LL NEED
concealer, dark eyeshadow, eyeshadow and blush brushes, eyeliner, hair gel

GET THE LOOK **1.** Dab concealer on and around the lips and mouth. This will create a pale effect without a face full of makeup. **2.** Dip an eyeshadow brush in a dark matte shade and dust it over the upper eyelid and under the lower lashes. **3.** Tap a tiny bit of the same shadow onto a large blush brush and run it up and down the cheekbones to create a sunken look. **4.** Draw stitches with a soft black eyeliner pencil: Make 1-inch lines perpendicular to the lips. **5.** Slick a dime-size drop of hair gel through the hair to dampen it.

HAIR AND MAKEUP BY LYNN LAMORTE; WARDROBE STYLING BY CATE SHEEHY. MAKEUP PHOTOS BY GORMAN & GORMAN.

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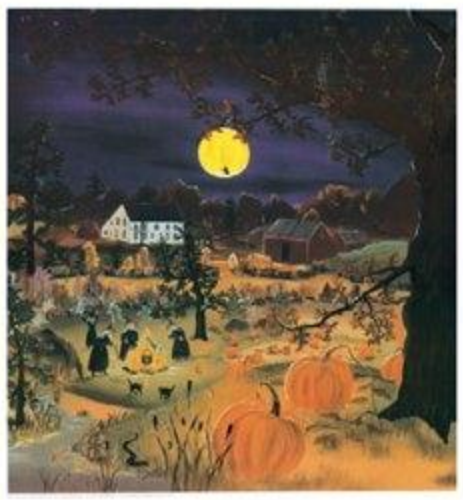

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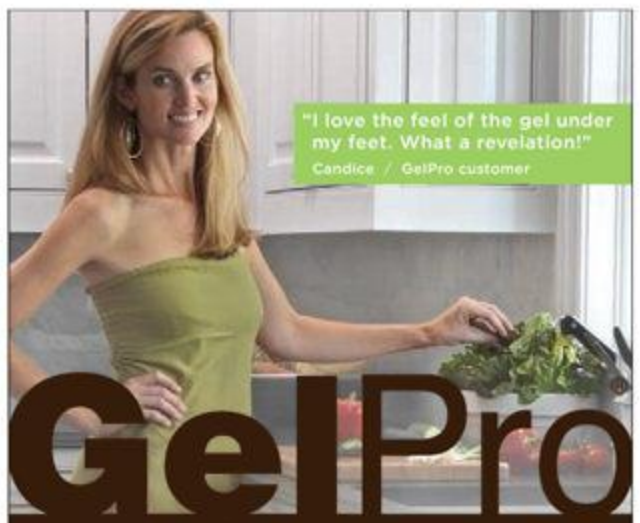

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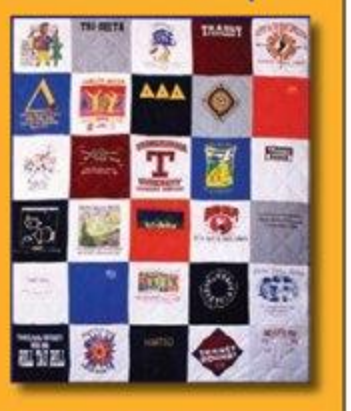

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go away

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READY, SET

COOK

GET TOGETHER

GO AWAY

take flight

Before a plane ride, fill an empty bottle with slices of cucumber. Once you're past security, add water. **For ideas about food to bring on board, turn the page.**

PHOTOGRAPH BY LEVI BROWN; FOOD STYLING BY MARYANN POMERANZ; PROP STYLING BY RICHIE OWINGS FOR HALLEY RESOURCES.
ILLUSTRATIONS BY CARLOS APONTE.

eat well on the plane

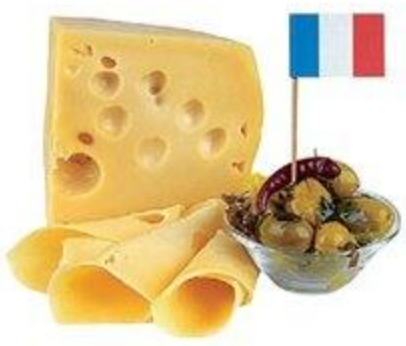
Enough with the shrink-wrapped sandwiches. Pack one of these international meals and you'll get jealous stares from fellow passengers. BY **JANE BLACK**

TURKEY Create your own meze platter with veggie sticks (we like carrot, cucumber, zucchini and jicama), pickles, sliced pita bread, and a tub of hummus spiked with hot sauce, paprika and a drizzle of olive oil.

JAPAN Pack defrosted vegetable dumplings and edamame in their shells, and a small container of soy sauce mixed with rice wine vinegar for dipping. Buy a bag of soy rice crackers for a mid-flight snack.

FRANCE Assemble a cheese plate with one hard cheese and one soft (and a plastic knife for spreading), olives, dried cherries, walnuts and water crackers. Splurge on a $5 plastic cup of airline wine.

MEXICO Layer bean dip, guacamole, salsa and shredded cheese in a to-go container. Bring chips. If you have time, make healthy ones by brushing olive oil on tortilla slices and baking at 350° for 10 minutes.



airplane breakfast

If you're taking an early flight, bring a packet of instant oatmeal, a bag of slivered almonds and dried cranberries, and a spoon. Just ask the flight attendant for hot water and you've got a hearty, healthy meal.

MAIN PHOTO, PHOTOLIBRARY.COM; EDAMAME, TURKEY AND ALMONDS, ISTOCKPHOTO.COM; CHEESE, SHUTTERSTOCK.COM; CHIPS, GETTY IMAGES; FLAGS BY BOYLE & GARDNER; PROP STYLING BY TIZIANA AGNELLO.

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on the go

Seven great airport dishes

San Francisco International Airport (SFO)

Andalé to Go

➔ Breakfast Burrito *($8.50)*

Scrambled eggs, homemade chorizo, refried beans, potato and cheese are all packed neatly into a flour tortilla.

Seattle-Tacoma International Airport (SEA)

Ivar's Fish Bar

➔ Smoked Salmon Chowder *($7)*

Chowder in a sourdough bread bowl is a signature dish of the Northwest, and this version improves on the classic.

Denver International Airport (DEN)

New Belgium Hub

➔ Grilled Portobello Mushroom Sandwich *($10)*

Pair this meaty mushroom sandwich (topped with melted swiss and grilled onions) with their own Fat Tire beer *($6)*.

Dallas Fort Worth Airport (DFW)

Cousin's Bar-B-Q

➔ Beef Brisket Platter *($11)*

The brisket is smoked until it's a delectable balance of meat, fat and burnt ends, and it's served with two sides and Texas toast.

Detroit Metropolitan Wayne County Airport (DTW), among 11 airport locations

Vino Volo

➔ Braised Pork Tacos *($9)*

There are small plates galore at this chic wine and tapas bar, including cheeses, savory pastries and tasty tacos.

Boston Logan Airport (BOS)

Legal Sea Foods' Legal Test Kitchen

➔ Lobster Omelet *($23)*

Seafood for breakfast? Absolutely, if it's the Boston mainstay's rich, three-egg lobster omelet served with home fries, bacon and brioche toast.

Reagan National Airport (DCA) (also at Dulles International Airport/IAD)

Five Guys

➔ Burger and Fries *($5 for a hamburger; $2.50 for fries)*

Five Guys is famous for its juicy burger *and* its hand-cut french fries. Our advice: Get both.

NEW BELGIUM HUB, MEGAN NEWTON PHOTOGRAPHY.

gear up

This clever plastic **Bobble Water Bottle** *($10, containerstore.com)* is BPA-free and filters tap water with a built-in charcoal filter.

Keep all your snacks separate in the **Laptop Lunches Bento Box** *($25, reuseit.com)*, which has five reusable containers.

order smart

Our mini guide to healthier fast-food choices

GO ON, GET THE BURGER

Fish and chicken are healthy options, but not if they're fried. Compare: McDonalds' Filet-O-Fish has 380 calories and 18 grams of fat, and the McChicken clocks in at 360 calories and 16 grams of fat. Meanwhile, the relatively petite cheeseburger has 300 calories and 12 grams of fat.

BEWARE THE SMOOTHIE

Fresh-fruit smoothies can be a good choice: Jamba Juice's Light Line averages 75 calories per drink. But a Dunkin' Donuts smoothie has more sugar than their chocolate doughnut.

DARK CHOCOLATE RULES

If white chocolate sounds less sinful, think again. Starbucks' white chocolate drinks have at least 40 percent more calories than their dark chocolate counterparts.

MAKE IT AT HOME

Don't throw away that leftover pie! (As if you would.) Franklin Fountain co-owner Ryan Berley says you can turn it into a milkshake: Use 1 part milk, 4 parts ice cream and 1½ parts goodie (cake, cookie, brownie or pie); add syrup or sauce to sweeten.

Milkshakes

Dessert lovers around the country are turning their favorite treats into thick, frothy shakes.

BY **KARA RICHARDSON WHITELY** | PHOTOGRAPH BY **LUCAS ZAREBINSKI**

NASHVILLE

THE SPOT Nestled among Nashville's music venues, **Mike's Ice Cream & Coffee Bar** *(208 Broadway, 615-742-6453)* is a great place to stop between shows. You might spot a crooner or two, and you'll definitely find freshly made ice cream in flavors like raspberry cheesecake.

THE SPECS The Red Velvet Milkshake *($4.25)* blends milk with red velvet ice cream and a cream cheese frosting swirl. "Customers are hesitant, wondering what this thing will taste like," owner Mike Duguay says. "But they take that first sip and love it."

NEW YORK CITY

THE SPOT Think you love peanut butter? Not as much as Lee Zalben, who opened a sandwich shop dedicated to the stuff. **Peanut Butter & Co.** *(240 Sullivan St., 212-677-3995)* in Greenwich Village serves peanut butter in 10 flavors (including spicy, cinnamon raisin and white chocolate), smeared on sandwiches and swirled into milkshakes.

THE SPECS The popular Fluffernutter Shake *($5.25)* is an homage to the sweet schoolyard sandwich (peanut butter and Marshmallow Fluff on white bread). There's no bread in this drink, of course, just plenty of heart.

CHICAGO

THE SPOT Founded in 1921, **Margie's Candies** *(1960 N. Western Ave., 773-384-1035)* has been cherished over the years by locals, including Al Capone (a chandelier from the mob legend's home hangs in the store). Don't come if you're in a hurry: The line can reach 50-plus people on weeknights.

THE SPECS The signature shake *($5.50)* is inspired by a banana split, blending vanilla ice cream, banana and house-made hot fudge. Here's the recipe, according to owner Peter Poulos: "You beat the heck out of it and beat it some more. It should be so thick that the straw doesn't move." Duly noted.

PHILADELPHIA

THE SPOT Run by the two young Berley brothers, Ryan and Eric, the **Franklin Fountain** *(116 Market St., 215-627-1899)* is a retro-stylish soda shop. It's got a tin ceiling and a classic fountain counter where you can sit and order splits, floats and waffle sandwiches, all made with house-churned ice cream.

THE SPECS Inspired by the hot-soda trend of the 1900s (who knew?), Ryan Berley created hot shakes. The Caramel Apple Pie Hot Milkshake *($8)* is a slab of warm pie sinking into a vanilla shake, draped in hot caramel and served with a spoon and a straw for mixing, eating, slurping and licking clean.

FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN

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'CUE THE GOOD TIMES!

On June 12-13, ***Every Day with Rachael Ray*** joined the country's top pitmasters and 'cue-lovers for a celebration of real pit barbecue, live music and 'cue seminars to kick off summer at the **8th annual Big Apple Barbecue Block Party in Madison Square Park in New York City.**

Big Apple
BARBECUE
BLOCK PARTY

IT WAS AN EXTRA DELISH DAY!

Guests stopped by the *Every Day with Rachael Ray* seminar tent and met with our editors, participating pitmasters and celebrated cookbook authors. Plus, they enjoyed delicious samples and tons of free stuff from our sponsors!

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the Italy Lovers' guide to America

Ah, Italy. It's rated the most desirable travel destination every year, and it's easy to see why: the people, the scenery and, oh yeah—the food. If a trip to chianti country isn't in the works, we have good news: You can experience the flavors and feel of Italy a lot closer to home. We asked our favorite Italian chefs and experts—including Rach—for their hands-down favorite spots. The result is a rarefied list of shops and restaurants serving food so good, so authentic, so honest that there's only one word to describe the feeling it gives you: transported. BY **JOHN KESSLER**

PHOTO, GETTY IMAGES.

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BRING ITALY HOME

We've brought three of our featured Italian restaurants to you, in the form of pasta, gelato and one very big sandwich. Plus, a bonus recipe: Rachael's favorite spaghetti!

PHOTOGRAPHY BY **KANA OKADA**

FOOD STYLING BY ALISON ATTENBOROUGH;
PROP STYLING BY ROBYN GLASER.

NARDELLI'S
Italian Combo Grinder

SERVES 4 **PREP** 20 MIN (PLUS MARINATING)

- 2 green bell peppers, chopped
- 1 cucumber—peeled, seeded and chopped
- ½ onion, chopped
- 1 cup store-bought italian salad dressing
- One 12-inch loaf italian bread (about 1¼ pounds)
- 1½ cups shredded iceberg lettuce
- 15 pitted kalamata olives, sliced
- Hot sauce
- ⅓ pound thinly sliced ham
- 1 tomato, sliced
- 1 cubanelle pepper, seeded and thinly sliced
- ⅓ pound thinly sliced soppressata
- 5 thin slices asiago cheese
- ⅓ pound sliced capicola or prosciutto

1. In a large bowl, combine the bell peppers, cucumber, onion and salad dressing. Let sit for 30 minutes or up to overnight. Drain, reserving the marinade.
2. Halve the bread lengthwise and scoop out the top half. Drizzle both sides with the reserved marinade.
3. Place the lettuce on the bread bottom and top with the olives and half of the marinated vegetables; season with the hot sauce. Top with the ham, tomato, cubanelle pepper, soppressata, asiago and capicola. Set the bread top in place and cut crosswise into 4 sandwiches. Serve with the remaining marinated vegetables.

magazinesdownload.com

BRODERS' PASTA BAR

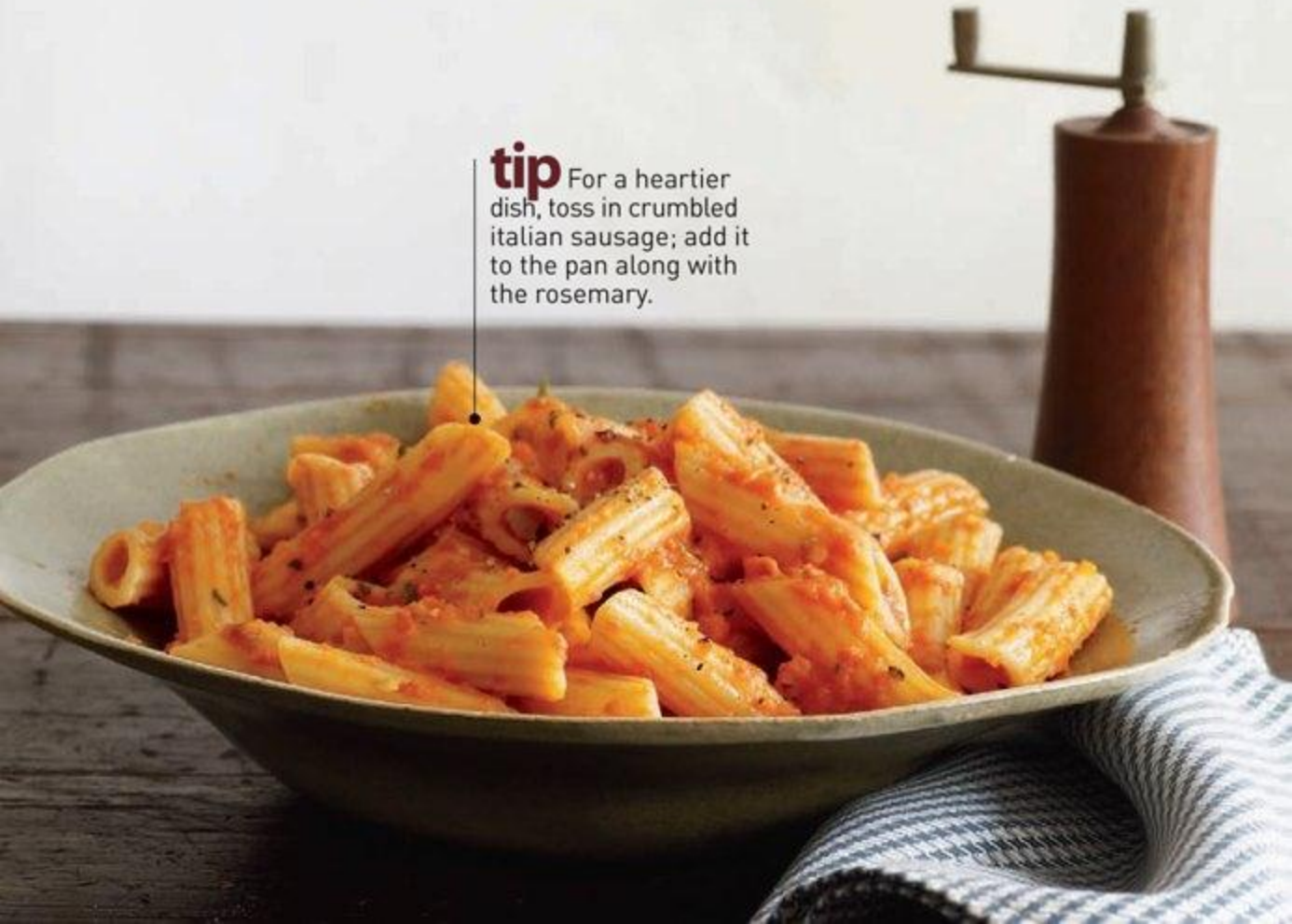
Penne Rosa al Rosmarino

SERVES 4 **PREP** 25 MIN **COOK** 20 MIN

- ¼ cup extra-virgin olive oil
- 1 tablespoon finely chopped carrot
- 1 tablespoon finely chopped sweet onion
- 1 teaspoon finely chopped celery
- 1 teaspoon finely chopped garlic
- Salt
- Two 16-ounce cans plum tomatoes
- 2 teaspoons chopped fresh basil
- 1 pound penne rigate pasta
- 2 teaspoons butter
- ½ teaspoon finely chopped fresh rosemary
- 6 tablespoons heavy cream
- Pinch crushed red pepper

1. In a large saucepan, heat the olive oil over medium heat. Add the carrot, onion and celery and cook, stirring, until tender, 6 to 8 minutes. Stir in the garlic and ½ teaspoon salt. Add the tomatoes and basil and bring to a simmer. Using a food processor, puree the tomato mixture.
2. In a large pot of boiling, salted water, cook the pasta until al dente; drain. Meanwhile, in a medium skillet, melt the butter over medium heat. Add the rosemary and cook, stirring, for 1 minute. Add the pureed sauce, the cream and crushed red pepper; season with salt. Cook, stirring occasionally, until thickened, about 10 minutes. Toss with the pasta.

tip For a heartier dish, toss in crumbled italian sausage; add it to the pan along with the rosemary.



RACH'S FAMILY FAVORITE

Spaghetti Aglio e Olio

SERVES 4

Salt
1 pound spaghetti
4 tablespoons extra-virgin olive oil (EVOO)
6 anchovy fillets
6 cloves garlic, chopped
Crushed red pepper, to taste
Black pepper, to taste
A couple of generous handfuls chopped parsley

1. Bring a pot of water to a boil, salt it, add the spaghetti and cook until just shy of al dente. Drain, reserving a ladleful of the pasta cooking water.
2. Meanwhile, in a large skillet, heat the EVOO, 4 turns of the pan, and the anchovies over medium heat until the anchovies melt, about 1½ minutes. Lower the heat and add the garlic; season with the crushed red pepper and black pepper. Let the garlic cook gently in the anchovy oil, stirring. Add the reserved pasta cooking water and the parsley, then the pasta. Season with more black pepper and toss the pasta for 1 full minute to absorb all the flavors.

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THE GELATO FIASCO

Olive Oil Gelato

MAKES 1½ QUARTS

PREP 15 MIN

COOK 10 MIN (PLUS CHILLING AND FREEZING)

- **8 egg yolks**
- **1 cup sugar**
- **Pinch salt**
- **⅔ cup extra-virgin olive oil**
- **1 quart whole milk**
- **½ cup heavy cream**
- **Grated peel of 2 lemons (optional)**
- **Ice water**

1. Using an electric mixer fitted with a whisk attachment, beat the egg yolks, sugar and salt on medium speed until pale and thick, about 5 minutes. With the machine on, add the olive oil in a slow stream.

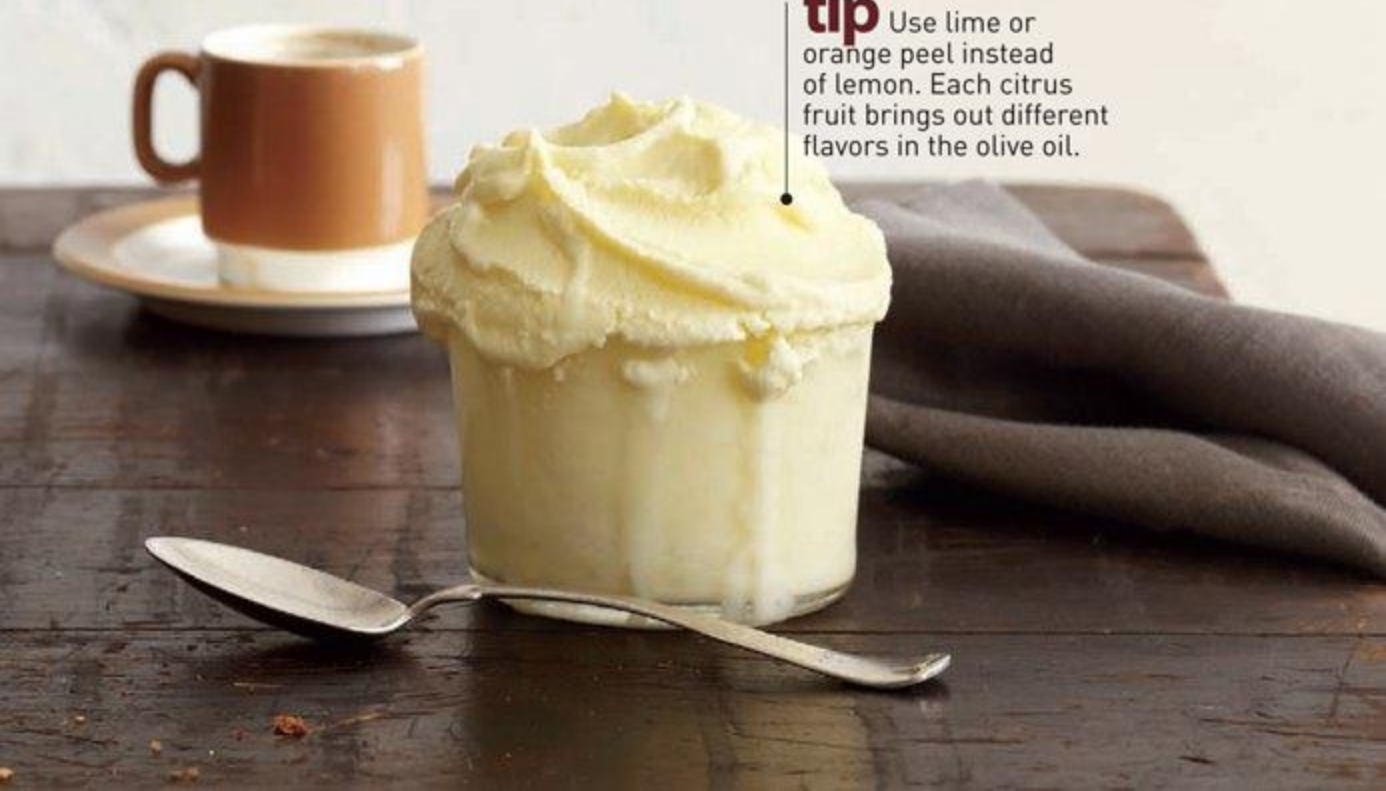
2. With the machine on low speed, slowly beat in the milk and cream until combined. Stir in the lemon peel, if using.

3. Prepare a 2½-quart bowl nested in an ice bath. Transfer the custard to a large saucepan and cook over medium-high heat, stirring and scraping the mixture free from the bottom and sides of the pan, until just hot and steamy, about 8 minutes.

4. Immediately pour the custard through a fine-mesh strainer into the prepared bowl and chill, stirring occasionally, for about 10 minutes. Refrigerate for 4 hours or up to overnight.

5. Using an ice cream maker according to the manufacturer's instructions, freeze the custard.

tip Use lime or orange peel instead of lemon. Each citrus fruit brings out different flavors in the olive oil.



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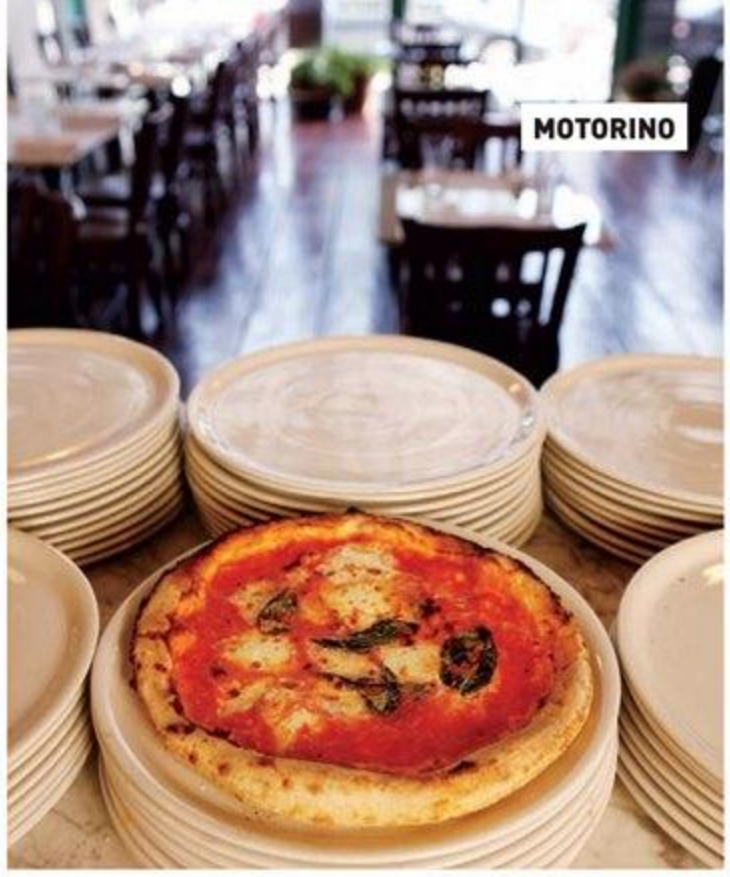
Rach's *NYC Faves*


MOTORINO

LOCANDA VERDE

Locanda Verde *(377 Greenwich St., 212-925-3797)*
Walk into this restaurant and you'll feel like you're in exactly the right place. It's trendy and crowded and fun without feeling snotty or too cool for school. And the food is fantastic. Each pasta is better than the next, but I fell in love with chef Andrew Carmellini when I tasted his osso buco: He uses saffron in it, just like my family does.

Motorino *(two locations, including 349 E. 12th St., 212-777-2644)*
This is a great, easy place to hang out with friends and share some griddled mortadella (a smoked pork sausage, much like bologna) and a few pies with hot soppressata sausage, anchovies or brussels sprouts. It's my favorite pizza, in or out of Italy. I also love going here for brunch and getting the egg pizza with pancetta, basil and parmesan. Yum-o!

california ... colorado ... connecticut ... florida ... georgia ... maine ... new york ... pennsylvania ... south carolina ... texas ...

FRANK BONANNO,
chef, Luca d'Italia and Osteria Marco, Denver

Zamparelli's Italian Bistro, Lafayette, CO *(2770 Arapahoe Road, 303-664-1275)*
"I drive up to this restaurant from Denver at least once a month. Jimmy Zamparelli makes East Coast pizza just like I grew up with in New Jersey. It's crispy but not too crispy, with that ⅛- to ¼-inch crust."

KEN VEDRINSKI,
chef, Trattoria Lucca, Charleston, SC

Oliveto Cafe & Restaurant, Oakland, CA *(5655 College Ave., 510-547-5356)*
"I prefer the café to the more upscale restaurant. They use the same great ingredients, and they both have soul. But not only is the café less expensive, the food is simpler. The simpler the better—especially with Italian."

JOSEPH TERMINI,
owner, Termini Bros. Pasticceria, Philadelphia

Mr. Joe's Place, Philadelphia *(1514 S. Eighth St., 215-334-1414)*
"I'm a little biased because my dad, Vince Termini, owns this place. But everyone says it has the best crabs and macaroni—a real South Philly dish."

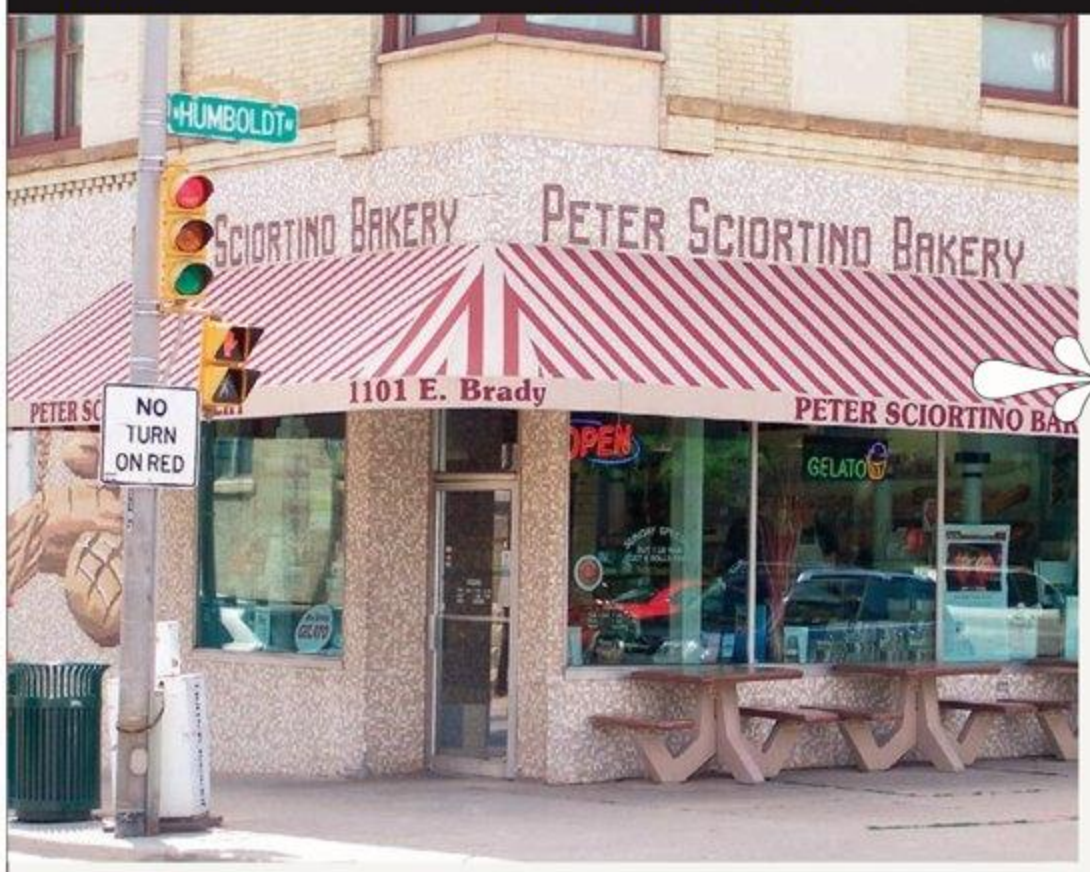
SCOTT CONANT,
chef, Scarpetta, New York City and Miami

Nardelli's Grinder Shoppe, locations throughout Connecticut *(nardellis.com)*
"I always go back when I visit my parents. I get a grinder with Italian meats and hot peppers, with mayo and hot sauce that drips down my arm. The bread pierces the roof of your mouth. It actually hurts a little, but that's the way you eat a sandwich."

CHRIS "LUDACRIS" BRIDGES,
recording artist and owner of Straits Restaurant, Atlanta

Café Martorano, Fort Lauderdale, FL *(3343 E. Oakland Park Blvd., 954-561-2554)*
"The meatball with gravy and ricotta cheese and the chicken parmigiana with gnocchi are what I go for at Steve Martorano's place when I'm in South Florida."

RR PORTRAIT, JIM WRIGHT. CONANT, MELANIE DUNEA.



PAUL BARTOLOTTA,
chef, Bartolotta Ristorante di Mare, Las Vegas, among others

Peter Sciortino Bakery, Milwaukee *(1101 E. Brady St., 414-272-4623)*
"When I was a little boy, I'd go there every Saturday with my father. We'd buy salami, olives, marinated octopus, clams, snails and periwinkles. We'd also bring home powdered anise cookies and sesame cookies—very traditional Sicilian sweets. As a treat, my dad would buy me a cannoli. I've been going there for 40 years and the cannoli are still a treat."

DICK VITALE, *sportscaster*

Le Colonne, Sarasota, FL *(22 S. Boulevard of the Presidents, 941-388-4348)*
"This restaurant is awesome, baby, with a capital A. They've got a great veal chop with linguine marinara. I take all the Italian NBA coaches there. I love Italian food! Couldn't live without it!"

LYNNE ROSSETTO KASPER,
host, The Splendid Table

Broders' Pasta Bar, Minneapolis *(5000 Penn Ave. S., 612-925-9202)*
"Molly and Tom Broder studied with Marcella Hazan in Italy, so they really know what they're doing. Plus, it's a casual place opened in a former gas station. You can wear jeans and bring 1,400 children, and you're not going to break the bank. I like the Penne Rosa al Rosmarino—pasta with a creamy, rosemary-flecked tomato sauce."

GABE THOMPSON,
chef, L'Artusi and dell'anima, New York City

Torrisi Italian Specialties, New York City *(250 Mulberry St., 212-965-0955)*
"During the day it's a great deli, but I love to go at night, when they serve a prix-fixe dinner. Four courses for $50—not bad."

HOW TO LIVE LIKE AN ITALIAN

DON'T drink a latte after dinner. In Italy that's considered a breakfast drink. Try a shot of espresso instead.
DO stop for gelato (or fro-yo) in the midafternoon. Because Italians eat dinner late, they snack around 3 p.m.

DON'T ask for grated cheese if you've ordered seafood pasta. Italians rarely mix fish and cheese.
DO order pasta as a first course. Most restaurants are happy to serve half-orders.

DON'T be shy about surveying the antipasto display. Walk over, point and ask questions. That's what it's there for.
DO bring an undressed salad, olive oil, vinegar and salt to the table and toss it there. Better yet, give the honor to one of your dinner guests.

DON'T hurry away from the table after dessert. Serve limoncello and encourage your guests to linger.
DO remember that the secret to Italian cooking is *sapori e saperi*, or flavors and knowledge. Find excellent ingredients and do very little to them.

BARTOLOTTA, WYNN LAS VEGAS; KASPER, ANN MARSDEN. ESPRESSO, ISTOCKPHOTO.COM.

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the good stuff

Order up a taste of Italy.

A.G. Ferrari Foods
MUST-TRY: Pasta di gragnano *($7, agferrari.com)*
A chain of Northern California-based food stores, A.G. Ferrari also does a booming mail-order business. Chef Scott Conant recommended this dried pasta, made near the Amalfi coast, which comes in many shapes—this one mimics rings of calamari.

Ritrovo
MUST-TRY: Borlotti saluggini beans *($11, ritrovo.com)*
This Seattle-based Italian mail-order site is "just an all-around great place to stock your pantry," chef Julian Barsotti says. "They sell dried beans, taggiasca olives, vinegars, honeys, pastas—you name it."

Gustiamo
MUST-TRY: White fig jam *($11.50, gustiamo.com)*
"They find the craziest stuff!" chef Marco Canora enthuses. His faves? Colatura, the bottled juice that drains from salted anchovies ("what a flavor shot for any sauce") and that jam, from Campania, which he says is "off the chain."

Zingerman's
MUST-TRY: Bonajuto chocolate bars *($10, zingermans.com)*
Beyond the flawless cheese, olive oil and vinegar from this Michigan food emporium are some unusual finds, chef Paul Bartolotta says. These bars are made in Sicily, with crunchy sugar crystals and a hint of cinnamon.

Marcelli Formaggi
MUST-TRY: Pecorino muffato di anversa sheep's-milk cheese *($30, marcelliformaggi.com)*
Everything they sell is from a little town in Abruzzo. Chef Gabe Thompson says: "The cheese is really fantastic. But you can also get honey and olive oil from the farm next door. That's what Italian food is all about."

PHOTOGRAPHY BY PLAMEN PETKOV; PROP STYLING BY ALMA MELENDEZ. BATALI, MELANIE DUNEA; CANORA, JOHN KERNICK.

california ... colorado ... connecticut ... florida ... illinois ... maine ... minnesota ... new york ... pennsylvania ... texas ... washington, dc

MARIO BATALI,
chef, Babbo, New York City (among others)

Porchetta, New York City *(110 E. Seventh St., 212-777-2151)*
"The most interesting thing I've seen in the past couple of years are restaurants like this that do one thing really, really well. This place has, like, three seats and serves just great, crispy-skinned porchetta [fatty roast pork]—either in a sandwich or on a plate."

FRANCIS FORD COPPOLA,
director; winemaker, Francis Ford Coppola Winery, Geyserville, CA

Tommaso's Restaurant, San Francisco *(1042 Kearny St., 415-398-9696)*
"I really like the vegetarian antipasto at this North Beach spot. It's a selection of fresh vegetables marinated in a simple combination of olive oil and lemon juice."

JULIAN BARSOTTI,
chef, Nonna, Dallas

Jimmy's Food Store, Dallas *(4901 Bryan St., 214-823-6180)*
"I love to go here for salted anchovies, fresh burrata [a creamy mozzarella] and other Italian ingredients that can be hard to find in Dallas. I can't resist their Cuban sandwich. Yeah, it's a Cuban, but something about it tastes Italian!"

PETER PASTAN,
chef, Obelisk and Two Amys, Washington, DC

The Gelato Fiasco, Brunswick, ME *(74 Maine St., 207-607-4002)*
"This stuff is better than 98 percent of the gelato you find in Italy. They do the traditional flavors—nocciola, stracciatella—as well as interesting ones, like stout beer or olive oil, which is really good. The gelato is always at a perfect temperature, and there are no additives."

MARCO CANORA,
chef, Hearth and Terroir, New York City

I Sodi, New York City *(105 Christopher St., 212-414-5774)*
"This place is exactly like a Florentine trattoria. I always go for the bread-based soups—ribollita or pappa al pomodoro. There's nothing else like it in New York."

Italian Wine Merchants
(108 E. 16th St., 212-473-2323)
This wine store sells Italian vintages in all price ranges; there's a great $25-and-under section. I just walk in and ask owner Sergio Esposito for a midpriced dry red—whatever he's into at the moment. I haven't been steered wrong yet!

Rach's *NYC Faves*

BuonItalia *(75 Ninth Ave., 212-633-9090)*
This is the best-kept secret in the city. Bins filled with nuts, grains and goodies run through the center of the store. I use it like a supermarket and buy all my staples there—pasta, olives, anchovies and deli meats. You can pack yourself a picnic and eat it upstairs on the High Line *(thehighline.org)*, an old freight-train overpass that's been converted into an elevated green space.

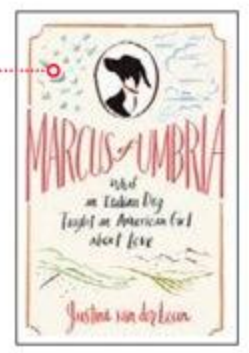
Armchair Traveler

The right book, movie or song opens a window to today's Italy.

→ WATCH

I Am Love
Italians have been buzzing about this movie—now out on DVD—since its premiere at the 2009 Venice Film Festival, thanks to its gorgeous Italian sets and tantalizing food. Luca Guadagnino directs Tilda Swinton, playing a woman who has an affair with a young chef. Close-ups of his dishes—such as prawns with ratatouille—will make your mouth water.

→ READ



Marcus of Umbria: What an Italian Dog Taught an American Girl About Love
($24, amazon.com)
After young New York editor Justine van der Leun meets a handsome gardener in Italy, she ditches the city to spend a year in his sheep-farming village, living in a crowded house with his charmingly eccentric family. Turns out the Italian she really falls for is a starving English pointer she nurses to health. The author's vivid descriptions of the daily rituals of an Italian farm will leave you feeling like you've spent a week among the Umbrian olive trees.

→ LISTEN

"Each Tear" by Tiziano Ferro (feat. Mary J. Blige)
In the past 10 years, heartthrob Tiziano Ferro has become an international star, with recordings in Spanish and English as well as Italian. Ferro topped charts in Italy with a redo of Mary J. Blige's "Each Tear." He hasn't mastered the English language—adverbs seem a particular challenge—but that doesn't much matter to his fans.

ITALIAN WINE MERCHANTS, MAYA BORENSTEIN; FERRO, GETTY IMAGES.

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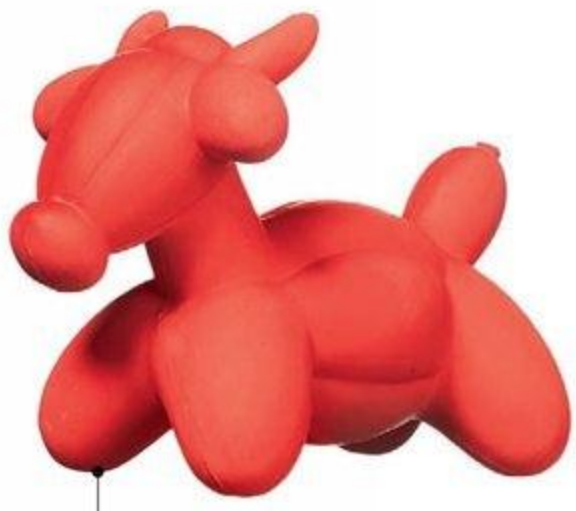
Souper Supper

Include your pup in the Halloween fun with this easy carrot soup.

BY **ANDREW KAPLAN**

did you know?
"Dressing up" dogs by dyeing their fur in a rainbow of colors and designs has become all the rage over the past few years in China.



BAXTER THE BULL CHEW TOY
Part of an adorable (and durable) line of latex toys shaped like balloon animals, this bright bull will keep your pup entertained for hours. *($8, mxyplyzyk.com)*

"Orange You Glad It's Halloween" Soup

MAKES 1½ CUPS

PREP 10 MIN **COOK** 10 MIN

- 3 large carrots, peeled and coarsely chopped
- 3 tablespoons sour cream

1. In a saucepan of boiling water, cook the carrots until very tender, 5 to 7 minutes. Drain, reserving the cooking liquid. Using a blender, puree the carrots and cooking liquid, adding more water to thin out as desired. Let cool and pour into a doggy dish or bowl.

2. Place the sour cream in a pastry bag or a small, resealable plastic bag with a corner snipped off. Squeeze a small ring of sour cream into the middle of the soup, and 2 bigger rings surrounding it. Starting from the smallest circle, drag a toothpick outward through the sour cream rings at equal intervals to create a spider web design.

we are family

When Lori Goodman decided to adopt a rescue dog, she found that it wasn't just her husband who needed convincing. After months of searching, she still couldn't find a local shelter that would give a dog to a family with three young children. That's when Orphaned Pets in New Jersey connected her with Lucy, a mixed-breed pup whose sweet-tempered personality was the perfect fit for the bustling household. And this "fourth child," now 2½ years old, has made mama Lori very proud. "With my youngest in school, I wanted to do something good with my free time," Lori says. "Lucy is so loving and affectionate, we decided to get her certified as a pet therapy dog. Now we visit patients at a nearby hospital once a week." —SARAH ZORN

DOG, GETTY IMAGES. RECIPE PHOTO BY LUCAS ZAREBINSKI; FOOD STYLING BY LIZA JERNOW; PROP STYLING BY SARA WACKSMAN. DOG TOY BY GORMAN & GORMAN. RECIPE REVIEWED BY THE ASPCA.

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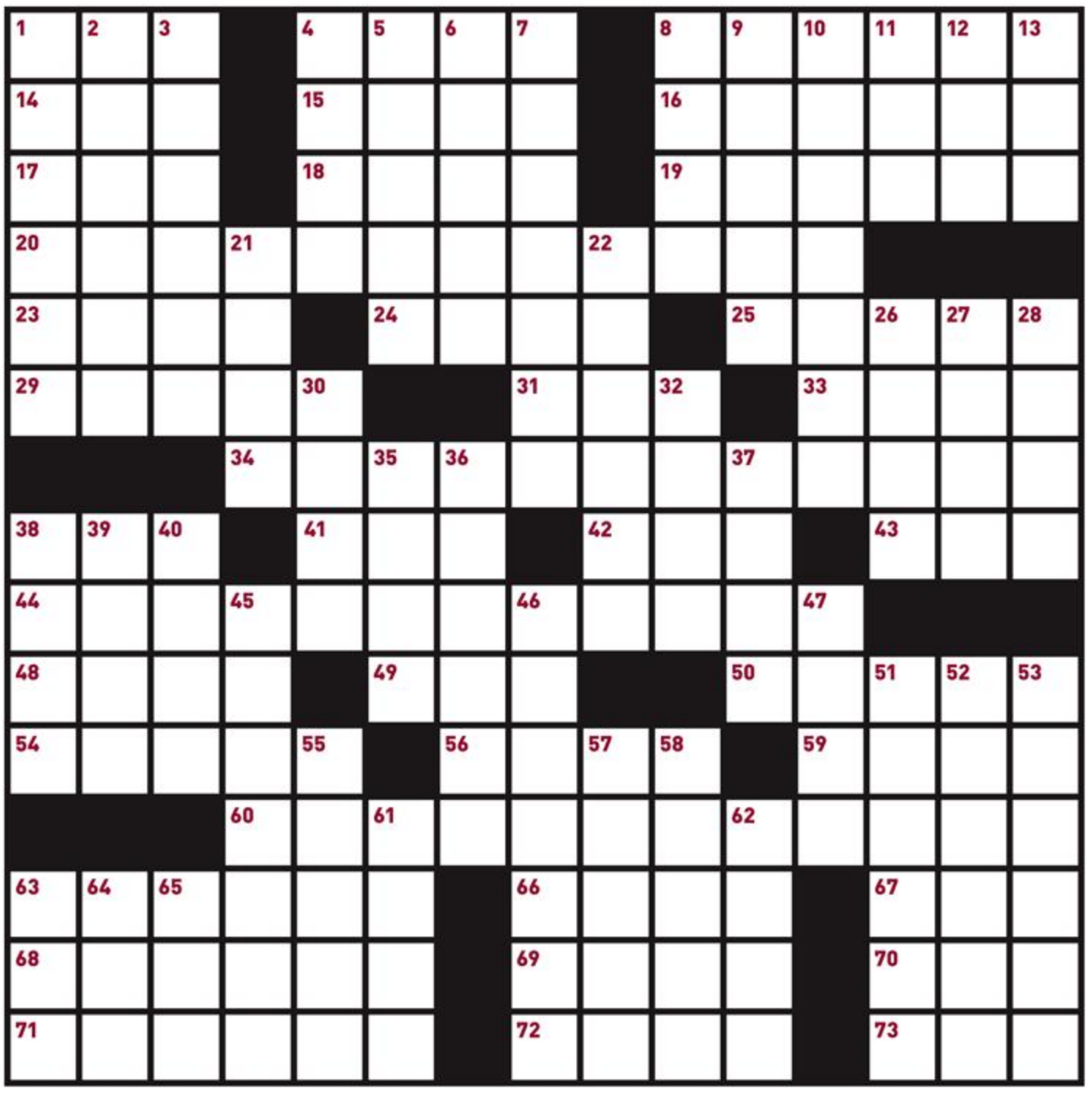
Crossword October 2010

BY **KEITH GILLESPIE**



ACROSS

1 ___ sum: Chinese food tidbits
4 Make airtight
8 Boiling indicator
14 He stung like a bee
15 Wheel and ____
16 Went to a restaurant
17 Japanese currency

18 Lady ___: "Paparazzi" singer
19 An attempt at chatting with the spirits
20 Light for "Thriller" singer?
23 Julia Child's tool
24 *Entertainment Tonight* alum John
25 Stenches
29 Words before roses or lettuce
31 Spring festival in Vietnam
33 Furniture retailer from Sweden
34 You might do this at a Halloween party
38 Opposite of lrg.
41 Approval vote
42 Exec's degree, often
43 Gator or lemon finisher
44 Ghost dwelling
48 Prefix meaning "bone"

49 Green soup vegetable
50 One way to cook clams
54 Between eta and iota
56 Covers a cupcake

59 "Are not!" rejoinder
60 Shelley's monster
63 Whipped cream amount

66 Clapton or Idle
67 "Gnarly!" in the '90s
68 Sink outlets
69 Kelly on the telly
70 "Hometown Proud" supermarket
71 Ed Norton's wife
72 "As ___ on TV!"
73 Actress Myrna

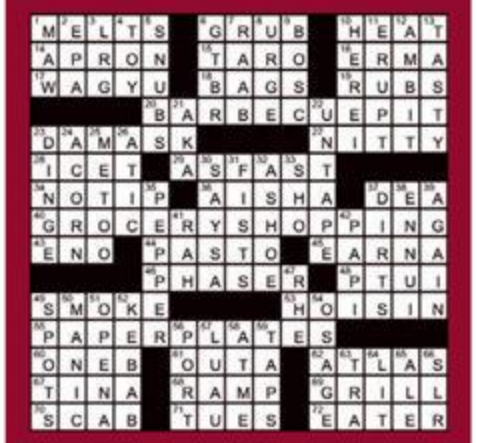
DOWN

1 One is often advised not to quit this
2 Phrase used in wills
3 Finely chopped
4 Palm-based pudding starch
5 Give high praise
6 Aquarium or birdbath growth
7 Favors one flavor
8 Chief ingredient
9 In ___ (before birth)
10 Spicy party dish served with chips
11 "___ appétit!"
12 *Star Trek* captain Jean-___ Picard
13 French summer
21 Drawer or door protrusion
22 Prefix with meter or nuclear
26 Ark. neighbor
27 Lou, Rex or Willis
28 Contest entry enclosure: abbr.
30 A.J. of racing
32 "Forbidden" perfume brand
35 Answering-machine cue
36 Appear gradually, in films
37 Hand over a serving plate of food
38 Ounce and a half of liquor

39 Pulverize potatoes
40 Guitar ancestor
45 Web-based DVD rental service
46 Computer troublemakers
47 Coup d' ___
51 "Bam!" chef
52 Pungent panini cheese
53 Least favorite weekday
55 Mac follower
57 Halloween adjective
58 Take potshots (at)
61 Church dome
62 Ring up groceries, nowadays
63 Banned insecticide
64 Boston hockey great
65 China's Zhou En- ___

How'd you do?

Check your answers from our last puzzle.



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Brooke Burke

The *Dancing with the Stars* co-host gives Rach a twirl around her kid-friendly Malibu kitchen.

PHOTOGRAPH BY **MARC ROYCE**

> "While vacationing in Sardinia, David dove into the sea with gloves and spears and brought up fresh uni [sea urchin]. **Then we sat there on the boat, in the middle of the Mediterranean, and ate it off a knife. It was so sexy and so tribal.** It tasted like butter—like sweet, heavenly butter."

RACHAEL RAY: Hi, Brooke! You may hold the record for having the biggest fridge we've ever photographed!
BROOKE BURKE: It's obnoxious, isn't it? Can you believe I have another freezer in my garage, too? I have eight people living in my house, so I need a lot of food at all times. My family and I just got back from a vacation in Europe, and everyone had these tiny little fridges because they buy fresh ingredients every day. I wish I had that kind of time. My freezer's stacked to the nines because I need to have stuff on hand.

RR: You never know what type of ice pop you'll want at a certain time. I see at least five different boxes.
BB: I'm glad you can't see into the big drawer full of Hot Pockets. I have four children, so there's some kid food in there. But I try to balance out that stuff with fresh fruits and vegetables.

RR: Do you like to cook?
BB: My fiancé, David [Charvet], and I are really passionate about food, and we spend more time in the kitchen than in any other room in the house. On Sundays, we'll barbecue whole branzino fish with parsley and garlic. David loves to peel and chop the garlic, which I hate to do, so it works out great.

RR: Sounds delish! What's a favorite supper of yours?
BB: I like to make eating fun for the family, so I'll do theme nights, like taco Tuesdays, which the kids love. One of the biggest requests is for my homemade chicken-and-vegetable matzo ball soup. My son likes the matzo balls and noodles. One of my daughters likes the carrots, chicken and broth. My other daughter and I scoop out everything. It's one of those big dishes that everyone can customize to their liking.

RR: Matzo ball soup is one of my faves, too. Now, I see a carton of almond milk in your fridge. How do you use it?
BB: I make a green antioxidant shake with almond milk or coconut water every morning. Most people don't know that almond milk has about half the calories of regular milk, and it gives me a great energy boost. I throw in frozen blueberries and strawberries for sweetness. I'm on this big berry kick right now.

RR: You're definitely one busy lady, hosting *Dancing with the Stars* and TV Land's *She's Got the Look*, and running your website, modernmom.com. How do you balance it all?
BB: It's hard to fit everything in, but I'm really blessed because *DWTS* only films on Mondays and Tuesdays. So I drive my kids to school, go into the studio or the website office, and I'm home by dinnertime. It's the perfect job for a working mother.

RR: So let's say you were throwing your dream dancing and dinner party. Whom would you invite?
BB: I've got a long list. I'd ask Audrey Hepburn, Michael Jackson and Martin Luther King Jr. Who else? Oh, Seth Rogen, too—he's the funniest comedian ever. Or I'd scratch everyone and just invite Javier Bardem. He can come alone.

HAIR STYLING BY STEVEN LAKE; MAKEUP BY JETTY STUTZMAN.

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